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FLASH-LIGHT VIBRATIONS

Color is the master-key which unlocks the university of Nature.

———o———

"Intelligence" and "light" are the self and same things and in this book are used interchangeably and equally.

———o———

Vibrations of Light and Color move in the Mineral, ascend in the Vegetable, awaken in the Animal and think in the Human.

———o———

Ideas, or collections and re-collections of harmonious vibrations, produce happiness and self control, thus producing a contented soul and peace of mind.

———o———

Play on your natural key note and vibrate the color tones of harmony. Thus be in tune with and control of your emotional, musical and perceptible color.

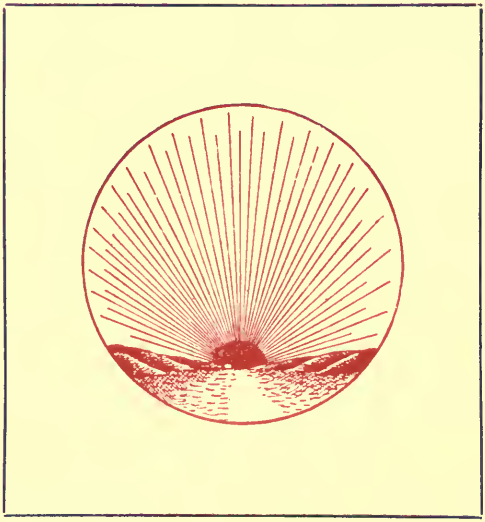
———o———

MORAL VIBRATIONS

We can never vibrate high and strong,
If we don't admit when we are wrong.

First to my dear sisters
Emily and Edith
who have been a source
of encouragement and inspiration,
and next to my pupils,
the author gratefully dedicates
this book of Essays, Lessons and
Flashlights

"Let There Be Light"



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San Francisco, California

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Ernest Stevens

VIBRATIONS

THEIR PRINCIPLES

LIGHT AND COLORS

THEIR USES

ESSAYS, LESSONS, HEALTH HINTS AND FLASH-LIGHTS

BY

ERNEST J. STEVENS, M. S., Ph. D

PRICE FIVE DOLLARS

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1920-21

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Vibration

Is the Language of the Universe

Light

Is Nature's Book of Knowledge

Color

Is Nature's Alphabet

Music

Is the Harmonious Vibration
of the Spheres

E. J. Stevens

AUTHOR'S FOREWORD

The scientific and practical information conveyed in this and my second book (now in preparation) is the result of experience, experiments, study, observation and the treatment of hundreds of patrons and with a number of students in connection with the Stevens Light and Color Research Institute, in San Francisco.

I feel under very special obligations to Wm. E. Poole, physician and surgeon, who for a couple of years has been associated with me. Dr. Poole for many years has been a scientific researcher and practitioner in his profession.

I feel very grateful to Ella R. Bell, D. C., who has managed the demonstration department with devotion and skill for three and a half years, and to valuable service rendered by Dr. Howard G. Ellis, director of the Electro-Hydro-Mechano Department in connection with our resident examining physician—Gudrun Friis Holm, D. O., M. D. (See page 70.)

I hereby render thanks to my friend and fellow physicist, Dr. Geo. Starr White, M. D., of Los Angeles, whose interviews at my exhibit at the 1915 Exposition and at my office in this city and several evenings at his residence in the South, were always inspirational.

To Luther Burbank, the author owes a debt of gratitude for information received on his two visits, as described in the Appendix of this book.

I sincerely appreciate all those, who in some degree, have come and tried the benefits of these marvelous yet simple and natural Light and Color applications, including Fred Emerson Brooks, Henry Frank, George Wharton James and Major P. Kellogg, M. D.

I should not overlook the fact that we have been honored by having in our courses for "Lesson Treatments" a number of professional people—editors, physicians, priests, poets, public lecturers of national fame, Christian Science and New Thought healers, etc. The popular and able writer, Pauline Jacobson, was one of the author's first students for a private reading in Human Analysis, resulting in her remaining in San Francisco, just previous to writing her series of articles in "The Evening Bulletin" on "The Inner Kingdom."

I am grateful for data received from Prof. Milliken, of the Chicago North West University, on electrons.

I am under obligations to Dr. J. W. Starkey, a more recent member of our Institute staff, for her experiments with colored lights for irregularities of the feet; also, a bouquet of kind thoughts for my capable and cheerful private secretary, and at least the passing good word for our sun-ray Battle Creek Sanitarium graduate nurse and other skilled nurses, who assist in the Stevens Light and Color Research Institute.

And, finally, my thanks to the university professors in Philadelphia who were my tutors, and who still encourage and give light to my path.

Ernest J. Stevens, M. S.

INTRODUCTORY

How my mind has wandered around the world as I contemplated why there should be so many sad, sallow, severe and "sinful" faces, instead of sympathetic, strong, serene and sunshiny countenances with the natural, sweet disposition due to the soul's supply of true sentiment, which reflects the soul's true colors.

As I searched for knowledge, and researched for simple, scientific truths, I found that all manifestations and expressions depend upon understanding the laws of life, of love and of light. This marvelous trinity is known as truth, which governs all the realizations of life, here and hereafter. I had for years been influenced with the above-mentioned conditions, but as surely as I learned the laws or rules of Nature, I found myself coming out of these destructive negatives and was then able to control, and finally conquer, these depressing influences. After discovering my real self, it became easy to understand the creative laws of inventions and art, as well as to enjoy a greater degree of health and inspiration. For some years my cup of joy has been growing greater, and now I find it necessary to serve it out increasingly; thus, in an humble way, I have endeavored to do; and with a heartfelt response to my day-dreams coming into a higher realization, I now ask you, dear searcher for greater light and higher octaves of color, to enjoy with me a season of visits and chats. May our spirits unselfishly commune together as lovers of Nature. May we mutually be supplied and nourished with the Godly ambrosia of life, and our thirst for sympathy be quenched by the Heavenly nectar of impersonal love. This is indeed the present truth for us from the One Great Mind.

———o———

PUBLISHER'S NOTE

The days of miracles are here and the world is made better by a science that helps us to move out of the cave-man existence, and to encourage men and women to live, to keep young, strong, clean, happy, full of vim and success; in other words, to build a super race, instead of barely existing in the "old age, how OLD are YOU?" negative, destructive existence. We can, dear reader, with more light enjoy more life—"Life abundantly." The publisher following the marvelous example of the energetic and youth-renewing spirit of the author, has also proven this fact in a very marked degree, to the surprise and joy of innumerable friends. Therefore, I fully endorse the following pages from the standpoint of gratitude and encouragement and from the viewpoint of "Let your light so shine." Otherwise, we vibrate back to the cave existence, darkness and gloom.

VIBRATIONS
LIGHT AND COLORS

CHAPTER I

SCIENCE AND TRUTH

Universal science has no modification. It is simply the natural science or accumulation of data from every natural channel that establishes a universal science, and which cannot be divided or modified by a religious or sectarian name; however, there is a realm of truth in every division of knowledge.

—o—

Understanding the basic, underlying forces and language of Nature, and being in tune with Nature's laws, we can be free from all the inharmonies of life.

—o—

LIGHT FOR THE COMING OR FORWARD-LOOKING MAN

The Thinker is THE MAN;
The Knower is THE SUPER-MAN.
The Wise, Understanding Man is THE GOD-MAN.

If right thinking and researching develops a real man, and if right knowledge acquired is power, then, in using the knowledge with wisdom, we are Godlike. To be Godly is to vibrate on a high plane, and this is represented by THE WHITE LIGHT of intelligence—a balance of the fine forces, i. e., FORM AND ORDER, SOUND AND MUSIC and LIGHT AND COLORS, and these vibrations complete a universal triad. Thoughts are the result of feelings, and feelings are the result of internal and external vibrations conceived and perceived by the conscious mind. In the words of Tagore:

We kindle the Lamp of Light with
The candle of thy soul.

VIBRATION

Motion, emotion, commotion, rotation, revolution, etc., are simply different aspects of vibration and these are represented according to their rate, based on their speed of motion which is distinguished like the different tones on the piano—by their coloring.

Then there is the red vibrations (and low yellow) of more or less discord. These are manifested in the mental or intellectic; while the blue to violet and white of harmony manifest always in the spiritual sphere, which represents the source of intelligence.

Life is a continual process of collecting, recollecting and becoming, rating and vibrating. Human life becomes richer, purer and greater according to the use of its unlimited sources. Do not, dear reader, fall behind the ideal levels of thought, and above all beware of taking a back seat in the temple of knowledge, or of becoming static, stale or staid.

—o—

CREATIVE ENERGY, LIGHT AND COLORS

There are many elemental substances, but only one primary substance—the electron, the smallest known particle of the atom. These are positive and negative and are energy producers. They are divided into seven classes and operate in octaves. These are full of energy that produces vibrations, which in turn produce form, sound and color.

One scientist declares the electron, infinitely small atom, is one trillionth of a millimeter long.

There's nothing very new about this theory that the air we breathe and our body itself is built of inconceivably small particles.

Lucretius, born in 95, B. C., wrote, "On the Nature of Things."

"We perceive the different smells of things, yet never see the smells coming to our nostrils; nor do we behold heat nor can we observe cold with eyes, nor are we used to seeing voices. Yet all these things must have a bodily nature, since they are able to move the senses, for nothing but body can touch and be touched . . . Nature, therefore, works by unseen bodies."

Then he proceeds to "prove" that all things, no matter how solid, have small pores in them through which the "powder of things" can move.

Energy is known as active, kinetic, and is in motion and obeys vibrating laws of the octaves with an outer sense used to reach about seven octaves, and others can be reached by some persons. Through the medium of the brain we could reach forty octaves, beyond these are myriads of octaves, all of which operate on finer ethers and through the fourth dimension.

VIBRATIONS

There are three great divisions or classes of vibrations—to correspond with the three great realms—the physical, the mental and the spiritual—like as in the solar spectrum of three primary colors there are subdivisions; and as in the colors we have the two complete classifications of white and black. We also have two general classifications of conscious and unconscious vibrations, with all their respective colorings, hues, shades and tints. Magnetic waves come through the unconscious, while the electric current comes directly through the conscious. The former flows or spreads in waves, and soothes, heals, inspires and constructs, while the latter comes and goes in straight or zigzag lines and cuts, hurts, burns and destroys. Both forces are generated from the electron and penetrates the atomic molecular and cellular realms and vitally affect the metabolism of all organized matter, or the mists and gases that compose these lower grade, concrete things termed material or the destroyer; the magnetic unites and calms, the electric separates and disturbs.

———o———

Every line of thought is made up of vibration. Mathematics itself is simply a series of lines, and by the thought related and directly connected by a formulated logic. Every avenue of knowledge vibrate with electronic energy.

———o———

PHYSICAL VIBRATION

Matter in its last analysis does not exist, and all life is energy vibrating, being represented by motion, force, Light and Color, etc. The physical plane and emotion, desire, will, etc., are on the mental and esoteric sides of human nature. Condensed energy moves in rotation, attracting to itself vibrations, composed of electrons, eons, atoms and molecules. What we call matter is simply an effect produced by low and slow vibrations and colors on our physical senses. The vibrations in turn are formed by electrons, producing a continued manifestation of energy that corresponds with the lower or physio-mental plane. Matter is therefore the low rate vibrations, producing an effect on our senses similar to the vibrations on the moving picture films. Thought itself is made up of a continuity of sense vibrations. The same is true of ideas, and words, and actions, which are all simply divisions and manifestations of invisible vibrations. These create and form great organizations by collecting and re-collecting the forces of nature. Thus Nature's mysterious artist plays on the thought system of the nerves' centers which are produced by the soul of man. These, according to their quality—i. e., their light and colors—form and construct by collecting and re-collecting the thought forces of nature, are the visible things around us.

CHAPTER II

LIGHT A MANIFESTATION OF RADIANT ENERGY

Professor J. J. Thomas of Cambridge, England, says: "Whenever an electron is suddenly started or stopped or made to turn a corner, it disturbs the ether through which it has been quietly moving and excites a ripple in it. These ethereal ripples constitute radiation, the best known variety of them we call light. With this we have been familiar for a long time because of our happening to possess eye instruments for the ready application of ethereal ripples. We used not to know the reason, however, for the production of light, but we now know that it is due to sudden change of motion, either in speed, or in direction, of an electron, and probably to no other cause."

HOW LIGHT IS PRODUCED

"It may be shown by spectroscopic analysis that each of the natural elements transmits to the ether a definite color wave. This is due to the definite rate of electronic atomic vibration of each element which is invariable. Thus the light spectrum of carbon shows that this element always transmits to the other a definite rate of vibration, or light wave of a definite color, which we have named red. In other words the spectroscope proves that the rate of electronic atomic vibration of carbon is the same as the rate of ethereal vibration of red light. By the same method we may show that the electronic atomic vibration of sodium corresponds in rate with that of yellow light; and oxygen with that of violet light. In fact, the spectroscope shows that each element has a certain rate of atomic vibration which corresponds with the rate of ethereal vibration of a light wave of a definite color; and it also shows that the rates of atomic vibration of the different elements are as widely varied as the rates of ethereal vibration of the different colors of light. This is likewise shown to be true when the elements are in chemical combination as well as with inorganic matter. Hence, we find that the natural elements, or atomic groups, which make up the cells of living organisms have the same ratio of vibrations as the different light waves.

———o———

Light cannot lie, is never in error, and is inflexible as the laws of gravitation and of truth itself.

SCIENCE, LIGHT AND THE BIBLE

Clifton Harby Levy writes: "What bearing, if any, upon the interpretations of the Holy Scriptures have the newest stupendous discoveries of Professor Michelson and other scientists?

"The fastest motion known to the instruments of modern science is the swiftness of a ray of light or the electric current—both travel at the rate of 186,000 miles a second. The circumference of the earth is about 24,000 miles. A flash of light or an electric spark would travel around the earth in about one-eighth of a second—it would encircle the earth before you could turn around to meet it.

"The most distant stars yet measured are so far away that it would take a beam of light or an electric spark over 200,000 years to travel from the earth to them. If Heaven is out beyond the stars, then it would take over 200,000 years for a soul to travel from this earth to its future home if it sped on its tremendous journey year after year with the swiftness of light.

"Indeed, according to this reasoning, the soul of the thief on the cross who began his journey two thousand years ago would have really scarcely begun this almost inconceivable journey of 200,000 years.

"Does the newest and unquestioned discoveries of the astronomers and physicists prove that Heaven, therefore, be beyond the starry firmament? Not necessarily.

"With all the knowledge with which science has enriched us—yes, how very little it all sums up in comparison with the vastness of what we do not know and cannot understand!

"Not until the microscope was invented, a comparatively recent instrument, did we know there were forms of life so minute that countless billions of these creatures could be held alive on the point of a knife blade. Even within the memory of this generation came the astounding discovery of the X-ray, which has enabled us to photograph and see things hidden from view by walls of wood and masonry and flesh.

"These are some of the creditable achievements of science. But the beginning of time, the beginning of the world, of the secrets of life and death—science is as ignorant as an infant. Around us are a multitude of vital phenomena which we are at present too blind to see. It is as if a blindfolded person were led into the silence of a great motion picture theatre. Not until the bandage was taken from his eyes would he suspect that before him were thousands of living, breathing, thinking human beings, while silently on the screen a drama was being enacted.

"And so it may be that there are undiscovered and unsuspected forces around us

much more extraordinary than the things science has so far been able to see and understand. Is it possible that while light travels nearly 200,000 miles a second, yet there may be motion which is what might be called instantaneous—that the human soul might encompass the distance to the most distant stars and beyond in an instant?"

LET THERE BE LIGHT

Light. Beyond the violet ray is the ultra-violet; above that is the X-ray. Electrons, if charged 600 to 700 watts, travels three and a half times around the world in a second.

In the human body there are some electrons that could travel around the world in from ten to twenty seconds.

Colors are seen with the X-ray that are invisible to the naked eye. In a recently invented X-ray cabinet, the author enjoyed the experience of not only seeing these higher octave colors and hues, but of witnessing the dense, lower-rate physical bodies of various sized persons, including himself, fade away. "The mists of matter," as seen through the eyes of the higher lights, are filled and nothing but an outline of the human form remained. We are surely on the border land of realizing many wonderful discoveries in the just-beyond realm. There will be additional experiments on the X-ray related in Vol. II.

SILENT VIBRATIONS

Silent vibrations are the most potent and far reaching, as well as being the quickest in penetrating power. In the silence we are able to concentrate and thus beget penetration, and enjoy more of life's forces which beget light. And more light means more love; more love means more service, joy and peace. Thus the author's formulae:

Silence begets Concentration.
Concentration begets Penetration.
Penetration begets Life-Power.
Life-Power begets Light.
Light begets Love.
Love begets Service.
Service begets Joy.
Joy begets Peace
Peace means SWEET SILENT SUCCESS.
TRY and YOU CAN.
Do not try and YOU cannot.

CHAPTER III

LIGHT IS A FORCE AND VIBRATION

Light is a material fluid, emanating from a luminous body, or it is by undulations. These are the two great light theories.

White is the harmonizing of all the vibrations. True yellow is the Middle C of our human piano, which should be attuned and kept clean; Blue to Violet are the great upper Triad of Light and are the great factors of the love trinity—Love, Light, Life. This is the Universal Triad.

The power of all substances may be known by their colors.

———o———

THE ELEMENTARY PHYSICS OF LIGHT

Nature has but few laws and they are universal in their application.

Vibration is the primal law of nature, nothing being exempt from it.

In Cleaves' "Light Energy" is found the following: "Throughout space all matter is vibrating from the lowest musical note to the highest pitch of the chemical rays. The various manifestations of energy known as sound, heat, light, electricity and chemical action, are all vibrations of this universal, homogeneous, incomprehensible body.

"These manifestations are recognized as such according as they are perceived by the different nerves, for the mind of man translates the impressions of the world into facts of consciousness and thought by means of the nerves of the body. All these varying rates of vibration, differing as they do only in direction, rate and frequency, are interpreted according to the different nerves or group of nerves physically attuned to them, or organized to select and respond to especial manifestations of vibratory activity.

WHAT COLOR IS

"All colors are in the light, and they manifest themselves as one or another according to the object upon which they fall. To perceive color it is essential that a certain amount of light fall upon the retina of the eyes."

Color, wherever manifest, is simply vibration, causing waves in ether. These vibrations may come directly from any one of the natural elements or atomic groups as shown by spectral analysis; they may be given out by the atomic cell vibration of plants or flowers

caused by the presence of one or more of these natural elements in the cells; or they may come from sunlight, by the segregation of the various light waves known as the cardinal colors, which are different and definite rates of vibration; thus causing each and every color or combination of colors from whatever source they may emanate.

"At the lowest degree of brightness, blue gives a color sensation with an amount of light sixteen times less than required for red. Light of different periods of vibration or frequency applied to the eye excites different sensations of color, the amplitude of the vibration, height of the wave or distance of the swing of the oscillating corpuscles from the imaginary line called the ray, determine the intensity of the impression of light just as the loudness of a note depends upon the amplitude of the vibrations of the sounding body. When all the frequencies (or vibrations) fall simultaneously on the retina, the sensation of white is experienced."

It seems incredible that one could write the above without taking the next step and recognizing the universality of the law of vibration and its logical sequence, the law of atomic cell vibration.

NATURE'S SCALE OF VIBRATION

Nature's scale of vibration is very wide in its extent. It commences with sound, then merges into thermal heat waves, and these vibrations climb the vibratory scale as the temperature increases, and merge into the vibrations of the radiant heat waves in the infra-red which reach up to the visible red of the light spectrum.

The vibration of the infra-red, according to the Polytechnic School of Paris, are

Visible red	15 trillions
Orange	20 trillions
Yellow	28 trillions
Green	35 trillions
Blue	50 trillions
Indigo	60 trillions

while the visible violet is spaced at 75,000,000,000,000 per second." Cleaves, in "Light Energy," says: "The sensation of color, therefore, depends on the number of vibrations of light ether, just as the pitch of a note depends on the number of vibrations of the sounding body. The number of vibrations for each color is constant.

These seven different rates of vibration which we know as colors make up the visible light spectrum. Beyond these are a series of vibrations known as the ultra-violet. These extend up to those vibrations designated as radio-activity, of which radium and the x-rays are the best known examples. This ends both the light spectrum and nature's vibratory scale as far as present knowledge goes.

MOUTH AND THROAT VIBRATIONS

Although the positive actions of mastication and deglutition are important, we should never overlook the fact that the alternating functions of smiling and relaxing are invaluable to health. Begin the day with a laugh, end the day with a yawn and then relax and sleep.

—o—

REPRODUCTIVE VIBRATIONS

The New Year of Spring time is symbolic of the divine spiritual spring time of the soul of man as well as the soul of all nature.

Spring time represents a renewal of all audible and observable, as well as the wireless and invisible vibrations and colors of the evolving and revolving realms of the universe.

Reproductive vibrations radiate with their respective octaves of colors and hues of every kingdom in our terrestial realm, as of all the spheres of the celestial universe.

In Vol. II, reproductive vibrations, with their colors and meanings, will be treated from different angles of the great perspective of Sex-Conception and constructive unfoldment and development.

—o—

THE MASTER KEYS FOR MASTER MINDS

Now let us think and understand what we mean by vibrations of Light and Colors, and why knowledge and wisdom give us the black and white musical keys, by which we can play on the human piano, and which, when understood, we can unlock the sealed doors of the Universe with the master keys.

Light is represented by rates of vibrations; these may be visible both to the physical and to the inner senses of the mental, astral and spiritual. If on the physical, we cognize with the outer senses of manifestation. If by the mental by the LIGHT OF REASON. The lower grade of thinking is represented by the lower colors of light.

Then there is the astral or ethereal Lights and Colors—the occult Lights and Colors—and these are seen clearly by the clear sighted, those inheriting or developing an enlarged vision, sometimes termed the Perceptive or Third Eye Sight. The pure White Light is the balance of the spiritual colors, which are made manifest through the mental and physical senses—the mediums of expression for the spiritual magnetism of the God's image man.

The subject is too great and the time too limited here to more than touch on some of the practical uses of Light and Color for regulating the health of human beings.

CHAPTER IV

SPIRITUAL MAGNETIC WAVES

In our usual way of thinking, we refer to three classes of vibrations—the material, the mental and the spiritual—but in the realm of reality there is but one kind, and that is the spiritual, which is so marvelously manifested through the life-giving, constructive Magnetic waves. These invisible vibrations are of the highest rating and potency, are the most attractive, soothing, charming and strengthening.

The Magnetic wave creates, while the electric current tears and cuts, burns and destroys, and yet in evolutionary progress the two are necessary. In metabolism these two forces are indispensable. One is the new house builder, the new body constructor, the new ideal creator. The other is the old house wrecker, the older body destructor, the older ideal displacer.

———o———

BREATHING VIBRATIONS

The author's recent book on "Breath Power; or The Breath of Life," gives important data and lesson exercises on this very vital subject.

———o———

WHITE CONSCIOUSNESS

The white light of being, of beings and of thought refers to the vibrations being under a perfectly even or true control. It is the Milky Way of our Universe, the "Light of Heaven," "the Great White Throne," the emblem of purity, angels, and the highest form of love as well; the day, truth and glory are represented by white. "Let your light so shine" refers to the white intelligence of a clean, pure, loving mind vibrating on the altar in the human temple, associated with the spiritual life generating from on high.

It is the "at-one-ment" unity symbol. It is the middle key of the music of the spheres and the harmonizer of all inharmonies

———o———

Mathematics is formulated logic, and logic is formed by geometrical and algebraic thought vibrations of electrons.

FRIENDLY HAND-SHAKE VIBRATIONS

(Words written impromptu by Dr. Harold Palmer, the psychometrist and lecturer, at a farewell luncheon and handed to the author to give to a mutual friend.)

Hand clasp!
Not a flabby, lappy,
Sappy kind of thing
Like dead fish slipping
Through a ring;
But a warm hand clasp,
That lingers still
And gives that joyful thrill
Of soul-power true.
Oh, noble girl,
Such is the hand shake of you.

———o———

THE SUN'S BEAUTY SHOP

SUNSHINE produces soulshine, and soulshine produces a sunny disposition, and a sunny disposition in turn produces a splendid personality, and a splendid personality produces success, radiating sun-colors in health, happiness and a complexion as beautiful and as deep as the soul center.

———o———

MENTAL AND MORAL EFFECTS OF LIGHT

The good effect of light upon the mental as well as on the moral condition of the person, explains the reason why certain individuals desire certain colors, whether it be in choice of fruits and vegetables or their choice and mode of wearing apparel all of which come from the sunrays. One person longs for a particular color, while another is oppositely affected. It would require a lengthy article to cover the important uses of colors for the moods or modes and health of the human body and mind.

The sun's light and color treatments may readily be applied daily or weekly, from the standpoint of ordinary cleanliness and natural stimulation and comfort, by the use of the Electric Light Bath Cabinets and the Radiant Applicators, which are modern, scienttfic, always beneficial and may be attached to any electric light socket.

EXERCISE—BOTTLED SUNSHINE—AND COLORS

Sunlight and exercise are Nature's great healers—and preventative of disease. Dead tissues, as well as poisonous secretions, are, with the help of the sun, thrown off; and new and healing tissues take up the work of re-energizing. Exercise and sunlight are both difficult to obtain in sufficient quantity, under our modern "civilized" conditions, to secure the required elimination. The failure to perspire is one of the fundamental causes of diseases of our modern life.

To run our human automobile, and secure sufficient human energy, a proper application of sunlight is necessary. This radiant light should be applied, preferably to the uncovered skin. When we cannot, on account of our social training or climatic conditions, come in contact with the sun's direct rays, the bottled sunshine (the chemical analysis being the same), will prove quite as beneficial. Electric lamp bulbs are used. These permit the spectrum rays to penetrate, thus securing the therapeutic value of both the radiant light and the colors.

We all know that sunlight is the greatest "germ-destroyer" and the greatest "purifier," as well as being the source of warmth and healing power. Sunlight not only opens the pores of the body in order to cleanse the blood and lighten the heart it pulses through, but stimulates and strengthens the mind and dissipates the depressing "blues" and "greys," thus giving way to wholesomeness and purity.

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OUR SOLAR SYSTEM CHEMIST.

Our sun is a mighty chemist, producing seven great classes of life-giving rays for its sevenfold creation on our planet. In Vol. 1 the author is treating principally on that class we term color and its seven divisions and their uses for the health and harmony of the Creative Sun, which in turn was created by the Sun of the Universe.

In other words we have a celestial materia medica for the use of our terrestrial sun-souls which become, when rightly supplied with sun-food, sunny souls. The sunless portions of a planet are barren of any form of great life, more life in the temperate zones and by far the greatest in size, variety, beauty and soul greatness. The greatest majority of famous men and women and the world's great Saviors, Masters, Christs and Prophets come from Southern climes; the same is true of the women termed "Southern Beauties." The majority of the world's famous poets and songsters come from the southern countries and the lower temperate divisions of the earth.

When the sun shines there is more magnetism or color principle to sweeten the fruit

of the land. The same is true of dispositions. Light, warmth of nature, is the secret of Southern hospitality and generosity of soul.

The Sun sets a perfect example of what we should, as little suns, accomplish; but this is a mighty subject and shall only touch on a few of the sun's manifestations and expressions of life and love, and in succeeding volumes the student of the Solar University School of Vibration may secure more truth, more knowledge, and more power and life.

Light has indeed a flashlight consciousness, for it can travel around the earth in waves seven times a second.

HEALING BY VIBRATION; OR, THE LAW OF LIGHT AND COLOR THERAPEUTICS

The law of electrons, atoms and elements is vibration.

The law of Light and Colors, as well as of sound, scent and organs is vibrations.

The law of life and love, emotions and passions and all things that are is vibration.

The law of thought and word is vibration.

In fact it is the law of the universe, both visible and invisible.

The White Light of Intelligence and the white Light of the normal physio-mental man is the same. Light is light; all the seven colors balance evenly, and a normal person is keyed a middle C and in tune with Nature.

THE MEASURE OF COLOR IN HEALTH AND DISEASE.

COLOR is the measure of "error" (low rating) or dis-ease (lack of ease), the indicator of inharmony. Pure colors are the great healing agencies in Nature and the dispensers of force. White is the balancing mainspring with which all electronic force is represented. White is the equatorial balancer of all planets and organizations, from the minute world of the atom to the mightiest planet.

Every disease has a corresponding vibration in color, and by mating with a complementary higher rate color vibration, congestion is relieved and eliminated and new cells gradually replace the "old" ones. By right thinking vibrations the higher, healthier formation for molding new thought cells is continually in progress. Thus we consciously at first, then subconsciously, are the creators of a more perfect physical body or house for the inhabitance and enjoyment of our higher rating self—our spiritual soul.

TWELVE HEALTH VIBRATION RULES

1. Avoid intemperance in everything—eating, drinking, working, playing and conscious thinking.

2. Avoid extreme combinations in food (for such errors produce inharmonious relations), starches and acids, starches and sweets.

3. Thoroughly masticate your food, especially the starchy and sweets.

4. Eat only when hungry and comfortable.

5. From several ounces to a pound of more or less solid food is sufficient for anyone.

6. Breathe naturally plenty of fresh air. If suffering with any respiratory trouble, even with the so-called "Only a Cold" (low rate vibration), breathe in Nature's pure, healing balsamized air, and for constitutional treatment an electric light ("Bottled Sunlight") bath should be used.

7. Enjoy the soul-inspiring and body-purifying sun rays, directly on the nude body when possible, and dress with light in weight and color garments, avoiding all that retards the light waves, which express "Service."

8. Generously partake of fresh fruits and green vegetables.

9. Keep all the passages of the human machine clear and clean, then the master organist, Nature, will take care of and play on the vital organs the music of health and harmony.

10. Be kind to your kidneys and colon by exercising and perspiring, so that poisons (low rate vibrations) can escape through the myriads of eliminating channels of the body's surface—the pores of the skin.

11. Sleep regardless of the number of hours, till you are naturally rested.

12. Keep your activity optimistic, enjoying troubles and other problems, which constructively work for the upward path of progress. Keep the mind fresh and strong by ever cultivating inspirational thoughts to build new body cells which will respond to all the musical vibrations of youthfulness and joy on the human chords of harmony.

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Mathematics, it is said, is dried music. Is not music liquid vibrations of a harmonious nature?

CHAPTER V

COLOR PSYCHOLOGY AND PSYCHO-THERAPY.

PERSONALITY, HEALTH AND COLOR. For real attractiveness and beauty, that which is deep and lasting, we must learn first to find our real, creative selves and thus know the secrets of the fountain of Youth, Health and Beauty, which is ever fresh and flowing onward, refreshing and renewing the beauty life stream of a charming personality.

This knowledge is immeasurably superior to the very best that is practiced in the fashionable and tempting repair shops known as "beauty parlors," etc.

Where, excepting for the excellent hair and scalp work, the process of patching up with mixtures of paint and powder (and which example is also followed out by the individual at home or otherwise) containing her general "face make-up" the Vanity Box is notorious, and for why? To temporarily, yes, just from day to day or hour to hour patch up, to cover or gloss and powder over the low rating, low coloring, and even coarse grained accumulated imperfections of a skin which from ignorance (low and slow vibration) has been neglected.

Nature's Beauty Shop is within the mind and soul, and its signs are hung on the facial expressions and the quality is found on a natural colored complexion, which is an integral part of an attractive personality, vibrating with a healthy magnetism.

In order to raise one's personality away above the ordinary person, that becomes more ordinary all the time—and to increase the power and influence of the individual—the time has arrived for all psychology students, instructors and healers to make a real study of the seven octaves of Light and Color, with their marvelous hues and varied tints and shades and forms, not overlooking the sound and music coloring.

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The Astral Light keeps an unmutilated record of all that was, that is, or ever will be. The minutest acts of our lives are imprinted on it, and even our thoughts rest photographed on its eternal tablet.—"Isis Unveiled."

COLORS AND MORALS

Municipal Judge Mahoney of Chicago made a statement on the 13th day of August, 1913, which was immediately telegraphed all over America and soon appeared in a great many newspapers all over the country, to the effect that light colors tend toward godliness and dark colors to promote crime. That our readers everywhere may have this learned and kindly gentleman's exact words for reference in this volume, we quote the following, which appeared without change in more newspapers than we would try to count:

"Brightness leads to right thinking," said Judge Mahoney. "Darkness and uncleanliness lead to crooked thinking. This is an axiom as old as the Bible. I am glad to see so many white buildings going up in Chicago. They reflect the light and have a stronger psychological effect on the population than is usually imagined. The smoke nuisance which covers the building with dark soot is an aid to crime."

In accordance with this belief, Judge Mahoney is having the South Clark Street Court, in which he presides, redecorated. The walls are being changed from a sombre hue to a light cream color.

"This is an uplift court," he said, "and we must have the walls to correspond. It is enough to turn a good man into a criminal to have to sit day after day in a place like this. I was about ready to hold court in the street unless I could brighten things up a little."

"White, cream, light yellow, and orange are the colors which are the sanest. I might add, light green, for that is the predominating color in Nature. Black, brown and deep red are incentives to crime. A man in anger sees red. Despondency causes blueness of feeling. The same comparisons might be carried through all of the shades of the spectrum. I would make it a law to force all owners of buildings to paint them a light color."

The author is a charter member of a literary society which, during the years 1919-20, held weekly meetings in the "Red Room" of a prominent hotel in San Francisco. Occasionally they met in the "Gold Room" in the same hotel. The influence of the vibrations of the irritating color of red, when meeting in the "Red Room," on the nerves and minds of those present was increasingly noticeable—especially on those who took active part. On the other hand it seemed a remarkable fact the "Gold Room" without exception produced a harmonizing atmosphere. The club has since moved to a new meeting place in conjunction with the Over Seas Club rooms, which, with its subdued color scheme and congenial atmosphere, has not in several months' time, experienced the reddish outbursts of an over-stimulated condition of the blood and brain of its members.

The safe and exquisite potency of color and music is indeed remarkable.

EMOTIONAL REMINDERS

While a student at a theological college and at the University of Pennsylvania, the author used to make the most important notes with a red pencil or red ink. This is true even with my Bible. Those were days of fear. I now prefer to make my notes with blue, or at least orange. Harry Gaze tells a story of two men, one of whom did not enjoy a high grade of love, who marked his Bible up with red, while the other man, with a true love nature, marked his Bible with blue.

PSYCHOLOGY OF COLOR

Black is repressing, depressing and suppressing. Black represents the negative conditions of gloom, fear, error or dis-ease, ignorance, pessimism and hopelessness.

Black should not be worn as a funeral reminder of the orthodox sort. The Christs and Saviors of the world did not, so far as we know, set the example of wearing black, but we have good reasons to believe that they, with the saints, were robed in white, as are the angels, according to the Scriptures. Referring to evil men, the Scriptures state that men love darkness better than light, because their deeds are evil.

Pure WHITE LIGHT is unity and harmony (love), which is the nature of God. Love belongs to the true life of man and woman. It is in fact the very essence of a balance of life and keeps us from fearing, failing and falling. The White Light consciousness is the mighty searchlight to direct our souls into the Kingdom of Heaven within. The White Light is the inclusive, synthetic octave of things.

No color, if color it is, is more demoralizing, or at least disheartening, than black, if it is not counteracted by "a dash" or "flash" of a brightening color. It depresses the morale and spirits of those directly and indirectly influenced by wearing black, for it speaks of dark thoughts; i. e., negative, dead things, while white is affirmative, positive and spiritually hopeful in its symbolic effect upon the senses, while purple and violet are soothing and reposeful, and gray is suggestive of the vision of a new hope and understanding dawning upon the bereaved and disconsolate.

"Among the Hindus, Mohammedans, Parsees and Turks, black is associated with everything material, negative, dark, evil, hopeless, destructive and lifeless, that it seems to defeat the belief in the doctrine of the resurrection of a future life, which death forecasts, and therefore these Oriental nations, with subtle understanding of the significance of color and effects and of its psychology on human lives, have ruled through centuries of religious usage and customs other colors to be used for the mourning habit. It is a well known fact that our custom of wearing black for mourning was borrowed originally from

the Romans, as they, in their turn, received the custom from the Greeks. White was conspicuously worn by the Roman women for one year. For instance, while the Turks and Moslems wear violet, the Chinese wear white, and these colors are to be preferred to black."

WHITE is the Star of Hope and Assurance, which typifies and sees cleanliness, godliness, glory, angels, and symbolizes the "Great White Throne" of kingship and queenly glory and power. It is the Polar or polarization Star. White is the morning star of the awakening, and the evening star to guide our steps out of a dark cloud or a night of dark despair.

Black is the language of ignorance, congestion and what is termed "wickedness."

WHITE is the language of knowledge, expression and spirituality.

The psychological effect of black, like the murky red and dusky brown, is repulsive to evolving, unfolding, developing students of the higher, brighter and purer life.

Out of the dark-gray mists of the "dark ages" our eyes of perception discern the light of spiritual consciousness which will direct us to the higher and higher and still higher realms of life and service. This spirit lamp is the Sun in man made in His likeness—"The Son (or Sun) of Man."

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COLOR—SOURCES OF INFORMATION AND PERSONALITY

When a painter, a designer or a sculptor desires to quicken his aspirations, or a Parisian dressmaker or London ladies' tailor craves new form and color schemes, they seek them from nature's color storehouse, which stimulates the imagination and enhances their taste in form, color and beauty. Because of their advancement in the knowledge of color and form, and of their musical environment, the civilization of the Circassians, Persians and Greeks were developed to a remarkable degree along the lines of symmetry, as well as their taste in beautiful forms and thought chiseled faces and for attractive, delicately shaded color fabrics and flowing garments.

Color, like Form, may become a negative or a positive force, an enemy or a friend to a personality, an attractive or a distracting ray, a constructive or a destructive, a depressing and repressing or an expressing, developing influence in our personality, as well as an aid in increasing our individuality. Color may raise our consciousness and spirit or depress our mind and soul, and thus retard our progress and happiness.

Colors have a tremendous influence on maintaining health and harmony. The primary colors of the physical body are well recognized, and how quickly we realize being below

par when our system lacks any of the spectrum rays. The student or reader will recall the fact that all first-class manikins and charts of the physical organs are painted with red, yellow and blue, thus representing the seven colors of sunlight within a healthy person. If these colors are deflected, the laws of nature demand a renewal of this life representing form of vital nourishment and tonic. If we lack the higher hue of red we are anemic, or have malaria or jaundice, and if too much of a murky or low-rating (heavy) red, a physical and mental "dis-ease," i. e., a congestion has "set in" and a series of mental inharmonies will, as usual, follow physical irregularities, which, after crossing the physio-mental bridge, cause irritation and feeling "up set", "unstrung", "stupid", "horrid", "dense", "cloudy", "badly"; or, if rating on a darker, slower vibration and coloring, one feels "bad", "nasty", and "mean" (all relative terms), a little fussy, or angry and hateful, and loss of mental control, etc.

In the Far East and in Southern Europe, the child is experimented upon by the parents with colors to learn the corresponding adaptable color hues most harmonious to the child's mental and physical requirements, and that which most calms and vitalizes, is wrapped about it and placed around the room. An irritated child is soothed into good temper by the presence of its dominant color. Mme. Courlandon of Paris, an authority on color harmony, writes as follows:

"Colors are like persons. They put us at our best or they do not. They are like food, they agree or disagree with us. RED is a disturbing hue; so is yellow in a lesser degree. Explain it or not, the truth is these colors speak of conflict, of terror, of fire, of cataclysms. RED colors roar. BLUE (light blue) is restful. GREEN is a nearly universal friend. BLACK has the effect of weight. WHITE is a universal friend. PURPLES (to some) are color irritants and ORANGE partakes of this quality. PINK is friendly. I must tell you of an instance of the influence of color. I paid a visit to a patient in a sanitarium in Kingston, New York, where they treat nervous and mental diseases. I was sent for to treat by color a patient who wore a light blue suit, a sapphire blue necktie. I induced him to let me substitute a bouquet of soft roses for his bureau and supply a pink cushion; the effect was like magic."

Applied psychologists and students of nature know that everyone has a favorite color, a color chord, as well as a color aura. We are affected vitally by color foods which nourish the body and mind.

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The gentle flower of sweet sympathy and strong sunflower of optimism grow on the the banks of the river of life in our garden of Eden within the soul.

STAR LIGHT AND COLORS

Star light, like our sun light, shows through the prism the different waves of colors. Some stars vibrate different colors and from different angles. The colors depend upon the intensity due to their temperature.

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STARLIGHT COLORS

The author has experimented from night to night with high grade imported prisms—star light photographing, by means of these instruments, in the clear California atmosphere, from the highest point of Mount Diablo and the Yosemite's High Sierras and on the Pacific Coast Range of mountains. It was most interesting, in fact extremely fascinating, to focus on a special star and note the spectrum colors radiating earthward in the form of a lengthy comet—different stars varying in their colors and color luster as well as their size and length of radiation. Those who have viewed the "Glories of the Heavens" by a visit to the Lick Observatories on Mt. Hamilton, in Central California, or those in Southern California at Mt. Wilson or Mt. Lowe, remember the glorious rings around Saturn and the belts in connection with Jupiter. These, when more closely observed with prism analysis, appear more gorgeous. And the same intensity of interest is experienced by the student in studying the human auras and miniature suns within the human solar-plexus system. What is true of the mighty planets above is true of the marvelous creation called man, who is a little world dotted with stars and sun centers. "As above so below," and will add, as without so within.

These human solar systems of color are elucidated further in Vol. II on The Human Planet and Soul Forces.

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WOMAN'S RADIANCE

The glorious radiance of a woman's soul is marred by the wearing of much flashy jewelry. The soul's "heart of diamonds" represents purity, simplicity, modesty and strength.

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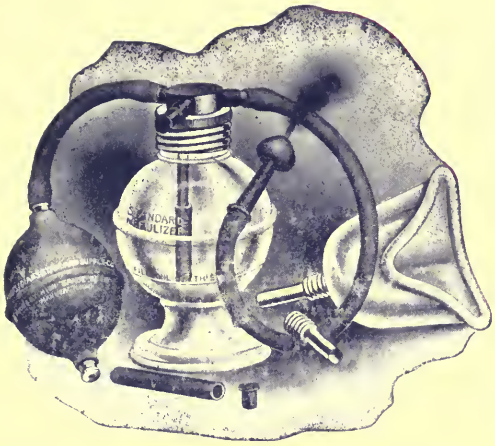
Knowledge, like emotions, unexpressed-spells suppression, which with repression reads-congestion, meaning disease (lack of ease, low and slow vibration) in the language of human life therefore, not to express one's self means ignorance plus darkness and not using we are losing the brightest half of our life.

CHAPTER VI



THERAPEUTIC BREATHING COLOR VIBRATIONS

These illustrations, show recent inventions for purifying the air we breathe in and raising the color vibrations of the blood, for the purpose of eliminating what is known as dis-ease, error and inharmony within the human system, particularly in relation to the head, throat and lungs. This Nebulizer is constructed so that air is drawn from a hand-bulb or a foot pump into the globe, which contains healing, protecting and strengthening colors in the form of balsams, including balm of Gilead (extracted from the buds), kuro-monji, Scotch pine oil from the leaves, oil of cassia and Australian eucalyptus (with a 60 to 80 per cent eucalyptol). These are among Nature's highest and best healing agents in the vegetable realm. Inhalation is the most natural method of receiving the visible and invisible color forces of the atmosphere, in the form of balsamized or purified air for respiratory and associated troubles.

RELATIVITY OF DIS-EASE, EASE AND COLORS

Just as good and evil are relative, so are colors related. The evil is "low," or rather a slow form of vibration and may be considered stagnant and of the dark or dirt-y type (of earth rating), so we have the lowest electronic motions in murky red down to black, as seen by the physical eyes.

When we are evolved to a high state of consciousness, or arrive at the plane of a Heavenly white, or spiritual consciousness, we are functioning with the Godly or good forces that level all rates of the seven colors into that which we term white. The spiritual and mental and the so-called material rates of vibration will be further elucidated in volume II of "Color and Light, Etc." In the "interval of time" remember that the Buddha said that ignorance was the cause of all our troubles, and Krishna and Jesus the Christ and others of the high plane of love, came to en-lighten the world.

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HOW NATURE COLORS THE CHEEKS

Nature applies her colors from within and not just on the outside. It is the coloring vibrations, emanating from the blood, that makes a good complexion. No one can possess a clear, clean, healthy skin if the blood is impure—i. e., murky or low rating colors—with consequent lack of vitality. Auto-intoxication from lack of elimination causes the blood to become impoverished and forces an unfair amount of work on the kidneys and lungs. Closing up the mouths and passages in the skin, by lack of the sun or strong light-opening process, will prove the death blow to a beautiful skin. Cosmetics, paints and powders are only an excuse and a temporary apology to the natural complexion. In reality, the skin is greatly mistreated, and the cleansing and color forces are not encouraged to function when the pores are being continually filled and packed down with liquids, pastes or powders to cover up impurities that all respectable persons should remove by sunlight penetration and exercise in some form. Facial massage is excellent for local treatment, while the bottled Sun Cabinet baths are par excellent for naturally producing perspiration and constitutional elimination.

So you see beauty is surely far more than skin deep. For persons of sedentary habits a genuine oil and warm water internal bath should be taken; the yellow or orange color electric lamp is very beneficial in cases of constipation, though it is a slower method.

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Wordsworth says: "Come forth into the light of things; let nature be your teacher."

WONDERS OF CREATION

From the invisible rates of conception, to the visible activities of perception, are related the electronic vibrations of intelligence. Thus an unseen intelligent power connects (and conducts) that which is reflected. Therefore we are constructed with the spirit's mental and physical light reflectors. As the physical eye is the reflecting organ of light and colors, so the mental, or mind's eye, receives, perceives and reflects the highest conceivable octave of thought lights and color intelligence. There is not a thing in Nature that can not be interpreted by color, translated by sound and understood by the human search-light.

SOUND AND TONE

Every vibration, as it passes through space, creates sound peculiar to its rate of motion within its own octave or plain. Sound or tone and space are intimately associated and registers its effects upon the physical nerves, even when beyond all sense perception.

Thus, sound or tone are inseparably associated with rhythm and music. As sound like the high and faster vibrations of color is the potent force in metabolism, in upbuilding, and disintegrating, in constructing and destroying, it is of the utmost importance, that we understand these fundamentals and elementals of a life-rating and life-preserving education. If inflicted by brain racking, nervewrecking sounds, termed noise, which are a result of disrupted, broken rhythm, the higher we develop along the scale of refinement, i. e., the higher we become attuned to the harmonies of Nature, we become more sensitized, and should avoid "city noises" and all discordant sounds.

VIBRATIONS OF NOISE AND VOICE

Noise is composed of inharmonious sounds. City life is a bedlam of mad noises day and night, except in obscure sections of large parks. Loud noise is not only injurious to the nervous system, in that it causes inharmonious, dis-ease or error-producing conditions, but continuous and unpleasant noises unbalance the secretions and circulating fluids of the human body. Noise and shocks are injurious to the brain and prevent the natural poise and peace of mind and soul—so needful for the progressive spirit within the human soul. Beware of becoming noise intoxicated and noise mad, for this dis-ease of the wrong use of sound creates brain fag, nerve prostration, neurasthenia, headache and different degrees of insanity, all of which was proven in tens of thousands of instances during the "World War."

Loud talk and loud coarse laughter are injurious to the health. Such noises irritate the delicate structure of the inner ear as well as the delicate nerves of the mucous membrane. Loud, and foolish talking is coarse and harsh to any person possessing a civilizing degree of education and refinement which forbids such vibrations. It takes a strong and fine

character to speak gently with a well modulated voice. It means balance, poise and purity of motives. Even shouting or screaming should seldom be "indulged in." For the sake of health, for a peaceful home, for purity of mind and body, for the sake of music, for the sake of peace, for the sake of all that is good and great and for Heaven's sake possess or cultivate a gentle conversational voice. Possess or study the harmony of sounds, music and art.

Parents injure their sensitive children, and the child afflicts its parents, by untrained, uncontrolled loud, and oftimes senseless expressions; such habits often lead to hard feelings, quarrels and fighting, thus preventing that which is thoughtful and noble from developing.

Dear student of higher rating, let us avoid, or better still learn to rate above all these brain-racking, heart-shocking, and nerve-straining sounds of noise and other inharmonies. When the vibrations of the human machine have become rhythmical, the body, with its orchestra of ten thousand strings, has the right balance, and is thus in tone or tune, vibrating in harmony with all Nature, our Will, the mainspring connected with all our octaves of vibrations, becones an all-powerful controlling magnet.

Societies for the elimination of all noises and unsightly places and sign pictures have been organized in various large cities in the United States, as previously in Great Britain.

TRANSPLANTING AND TRANSFERENCE OF COLORS

Different colors for different persons are absolutely necessary, according to temperaments and to their natural requirements, which depends upon the human system's lack or excess of a color balance, which, in turn, expresses normality and health. If there is too much red of a certain grade in the blood or tissues, an inflamed condition is noticeable—both on the physical and from the mental state of a person. If there is too much blue of a certain grade in the body, there will develop from lack of a healthy, harmonious or friendly red on the physical plane, anemia and jaundice, etc., and across the bridge, into the mental realm, "the blues," or a "dis"-agreeable "dis"-position (lack of position, i. e., poise).

Thus, as Lights and Colors interpret the condition and capacity of the person physically, mentally and through the emotions, they are also translated into the forms, tastes, flavors, perfumes, odors and shades of thought, from the inaudible and invisible sounds and colors to the visible rates of lights and color vibrations.

All foods, drink, medicines, and even the air we breathe, are simply modes of motion, which represent realms with their degrees of intelligence and color language—and which, like the colored clothing we choose to wear affects our health and disposition favorably; the inner ratings of feelings are affected by our thought colors.

LACK OF COLOR JUDGMENT, ETC.

In making presents of ties and other wearing apparel, the majority of persons are deficient in taste. It is a form of cruelty to children to be compelled to wear an unpleasing colored garment, simply because it was presented to them. We should realize that the non-blending and dark colors in dresses, ties, hats and suits are not only devitalizing to our nervous system and brain, but are physically and mentally depressing. The masculine sex in particular suffer by presents of unsuitable colored ties and sox forced upon them by thoughtless or color ignorant persons. One seldom finds a man wearing a black suit and not looking tired or entertaining a sour disposition. Remember, dear reader, we can starve and suffer greatly for lack of color nourishment associated with our clothes, our food and our mental environments.

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THE BENEFICENCE OF LIGHT

Pearls, like diamonds, lose their luster when kept in the dark, but regain it when in contact with strong light. Birds, as a rule, become timid and are easily frightened in the dark, but when brought into the sun-light spread their feathers and commence immediately to chirp and sing. Flowers droop in the dark, open up and express delight when "daylight" comes; the plant life is also vitally influenced by the rays of light. So with the human "pearls," "flowers" and "plants" or "trees." Observe how the Southern people, or those who live an out-of-door life, are joyful, ruddy, and full of strong, "sweet" and wholesome sentiments and optimism, and notice how their eyes of light and love are expressive and their voices are musical. Favorable climatic conditions depend on light with its family of friendly forces, represented in name by rays of color and warmth and the sounds of music and the electro-magnetic healing rates of vibrations, all of which produce a vital and beneficial influence on the human body and soul.

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Color is caused by impact of energy waves of varying rates of oscillation and lengths on the filaments of the retinas of the eyes and transmission of the effects along the optic nerve to that mysterious—yet marvelously real—thing manifesting as the personal mind either unknown to or not recognized in the brain itself.

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"Unit" of light means the shortest idea of light, and this measure is calculated by the light of our intelligence or thought.

FLASH LIGHT THOUGHTS

Note the significant prefix—"dis"—dis-mal, dis-use, dis-rupt, dis-cord, dis-grace dis-obey, dis-comfort, dis-courage, dis-advantage, dis-organized, dis-gust, dis-agreeable, all of which signify a dis or lack of harmony, an error of low rating, or a lack of poise while vibrating on the human scale of Life.

We cannot measure the electronic energy concentrated in an acorn; no more than we can figure out the condensed radio activity and unlimited possibilities within the human embryo.

The eye-ball's whiteness is caused by the fineness of the blood-vessels, which do not permit the red corpuscles to enter the surface of the eye-ball.

Remember, the solar plexus rays (sunshine) in the mental house reflects sunshine in the home.

An invention has been perfected this year for visualizing the human voice.

The author's compliments to Descartes: "I think, therefore I am," I AM, therefore I think.

The diameter of Betelguese, the big star in the constellation Orion, is 300,000,000 miles. The diameter of our earth is less than 8000 miles. The diameter of our sun is 866,-000 miles.

Systematic exercises (including deep breathing) is the keynote to elimination.

As a rule, no person rates as low or "as bad" as he feels, and none as high or "as good" as he thinks.

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ANOTHER SLEEP INDUCER, PLUS

For acute, semi-acute or chronic insomnia, try reading dry poetry or prose, and then count the breath vibrations. Indians, as a rule, sleep with their feet up hill, and thus prevent sluggish, dis-ease-producing congestion.

CONGESTION IS THE CAUSE OF DISEASE

If the brain is congested, we call the owner of the same dense or ignorant; if there are errors or irregularities or below normal ratings in the physical body, it is termed dis-ease. But in any instance, it is congestion—low rating conditions and the stumbling block—and the blockading to a clean body, a clear mind and an energizing soul. Take care of the passages of the physical body, including all the pores, as well as the respiratory tract and the thirty-odd feet of alimentary canal, and Master Nature will take care of the human machinery, the vital organs and systems.

VISIBILITY OF SEVEN OCTAVES

The Color octave with its variations is the parent language of the Universe.

The white light is the middle C note of harmony in the cathedral of the universal Soul, which is the soul's treasure house.

The color spectrum is the master key to the forces of the universe, and includes immeasurably more than the visibility of force.

The human eye can view only an infinitessimal division of Nature's sights.

Color is the visible as well as "the invisible"manifestation of vibration. Visibility of color to the human sight includes two octaves of color, and with research and concentration along the higher color octaves can include more than two octaves. The average person's visible world is along one octave, while there are some individuals who observe only four or five and a small per centage of "humans" of slow vibration who can distinguish but three or four colors. The lowest rated human beings on the average only see clearly the three primary colors of red, yellow and blue. This same principle and ratio corresponds with regard to the musical sound octaves. By finely attuned ears of perception, we can see or rather "hear" degrees of color vibrations, not to the ordinary mortal discernible.

COLORED LIGHTS—A MEANS OF DIAGNOSIS AND CURE

The following is from a reprint by another physicist, Dr. Edwin F. Bowers, on "Colored Lights—A Means of Diagnosis and Cure":

If there were developed a means of diagnosis so definite as to be practically infallible, as accurate as mathematics, as uniform as a chemical reaction, and so simple that any doctor of even ordinary good training could apply it, the significance of the discovery could hardly be computed in terms of lives and money.

This has been a medical vision, a vague Utopian dream, ever since medicine divorced empiricism and married Science. And now the vision has become a reality, the dream has become an actuality. A fellow scientist and warm friend of the author, George Starr White, M. D., of Los Angeles, Calif., discovered a natural principle worthy of close attention of the student.

He merely found out why a sick carrier pigeon could not find its way home. Then he applied the principle there discovered to determine why humans and animals that suffered from disease could not find their way back to health. The answer was the same in both cases. It was of their inability to respond to the magnetism that flows along the earth's magnetic meridians. And this inability to respond to the magnetic attraction of the meridians is because some disease in the system prevents the response to this magnetic flow.

"The greatest living scientists are now agreed that all that differentiates any one thing from any other thing in Nature is the difference in its rate of vibration. Color, light, sound, radio-active energy or electricity are merely expressions of certain modes of motion —a certain rate of vibration. Theoretically, we could change cheese into chalk and mud into gold and disease into health if only we could transmute the absolute rate of vibration of the other.

"It will be remembered that only a few years ago this was actually accomplished in the case of a certain germ—the anthrax bacillus. These germs, after exposure for a time to ultra-violet rays, were changed into an entirely different species of germ, as was proved by the fact that when injected into animals they no longer developed anthrax in that animal.

"Thus began the marvelous system of diagnosis to which that soft little body of the carrier pigeon pointed the path thirty-five years ago.

Continuing his work with radiant colors, Dr. White found that patients suffering from constitutional blood disease—no matter how mildly tainted, nor of how long duration the condition, and irrespective of the Wasserman findings (which are almost as frequently wrong as right) gave the reflex when exposed to the blue light—the speed which is approximately 160,000 miles a second—and to no other light.

"There is no chance for error. Guesswork is entirely eliminated. If they have syphilis they give this reflex to the blue light. If they do not respond—no matter how many eminent specialists may say they are affected—they are free from this particular disease.

"If a patient gives a reaction to the rays of the purple lamp, he is gonorrheic.

"With similar exactness malaria discloses itself to a certain shade of blue-green light, influenza or "the grip" to a red-green, kidney intoxications to a shade of violet, liver disease and jaundice to green, typhoid to blue-green and amber, and alcoholic conditions to deep prune. And gradually more and more of the toxemias are coming into exact classifi-

cation as regards their response to vari-colored lights. It is merely a problem in vibration —each disease apparently producing a definite molecular rapport with rays of light traveling at a certain speed. And it would seem that every condition that so modifies the emanations from the body as to nullify the effect of the energy of the magnetic meridian upon it has a definite color vibration for diagnosing it.

"The colors must be absolutely 'on the pitch,' however—they must be accurately tuned to a certain vibration, else they will fail to elicit the reflex, particularly in incipient conditions, or in diseases which are not clearly defined.

"This 'absoluteness' of vibration, however, explains why Dr. White and his pupils must work in subdued light, and also why spectators are obliged to stand back four or five feet from the subject. Energy is energy, whether it be strong sunlight, moonlight, electric light or the magnetic emanations of the human body. And inasmuch as the energy from the magnetic meridian is being used for the diagnosis, any other energy must have an effect upon the results secured."

A SUNSHINE SOUL FOR HUMAN ENERGY AND COLOR

A mild and naturally soothing method of securing light and color energy is through the agency of direct touch on the surface of the body by the hands of a healthy, finely tuned (re-fined), friendly soul, who understands the body psychologically as well as physiologically and has the greatest welfare of the patron at heart. With a well-cared-for body, and with no dead or old skin, but kept "clean and sweet," the results are marvelously calming and scientifically beneficial. THE OPERATOR should cultivate a strong control and an instinctive or, better still, an intuitive co-operative spirit, and serve from his or her Sun-centers and color streams a positive flow of energy. The patron receives with confidence from the friendly operator, the richest, positive energy. The receiver must become relaxed and negative, so as to be naturally more receptive, as any strain or discomfort is a manifestation of some degree of dis-ease, which means congesting the flow of that which will ease; for a good negative demands a good positive to calm and control the balance wheel of the Human Machine. The magnetic, high coloring of the light emanating from the mind and soul centers of a spiritually, clean-minded person and from a strongly-poised and restful instructor and healer, the weary body and brain are truly and wonderfully magnetized. It quickly drives away the "errors" of darkness of low vibrations. This is especially true of certain natures and temperaments—with corresponding and complementary souls, and bodies, the "Temples of these souls" even regardless of sex. In some cases this natural condition is very marked, very comforting and delightfully calming. In fact, this exchange of the blue to violet, high rating of human colors,

represents the most vitalizing nourishment for a hungry or starving soul, and is more of the spiritual than of the mental.

THE SOUL'S VIBRATION

Sow a wish—reap an urge.
Sow an urge—reap a breath.
Sow a breath—reap a light.
Sow a light—reap a color.
Sow a color—reap a thought.
Sow a thought—reap an idea.
Sow an idea—reap an ideal.
Sow an ideal—reap an action.
Sow an action—reap a habit.
Sow a habit—reap a character.
Sow a character—reap a life.
Sow a life—reap a unity.
Sow a unity—reap a universality.
Sow a universality—reap a Heaven. E. J. S.

Ignorance is a poor pedestal to set virtue upon, and mock modesty should not have the right to prevent people from knowing themselves.—R. G. Ingersoll.

COLOR SOURCES

There are other sources of color-energy for a finely attuned person to draw from to a smaller degree, viz., the FLORAL KINGDOM, which are also full of a calm inspiration and which, to a true poet of nature, are so friendly. Who dare deny the harmonizing effect of gazing on and communing with the little sunny natures of the precious rainbow colors of the violet, of the loving rose and the darling forget-me-nots.

Then, too, we have in THE ANIMAL realm the light of love, as expressed in the eyes of the deer, the horse and other non-flesh devouring animals. There is a certain mutual, pleasing, comforting understanding, truly and sincerely an exchange of friendly magnetism when the human eye and touch meet the corresponding light and energy in Mother

Nature's animal family. Woe to the person who willfully destroys or injures these higher developed human-like sources of light and friendship.

Nature abounds and rebounds with inspirational and respirational colors, and to a small degree the human artist attempts to portray color life with their respective hues and shades.

REGISTERING VIBRATIONS

Through the law of development we can register more and more vibrations. At present the average for the race consciousness for sound is 14 octaves; taste averages several octaves; smell averages several octaves. Some human beings can see tone and hear colors; then there is the registering by touch for distinguishing colors. While all colors possess their positives and negatives—black is the combination of all the negatives and the absorption of all the colors. White is the universally preferred color combination, for it expresses a higher form of vibration. All colors that glow are positive.

CHAPTER VII

THE AUTHOR'S BLUE LIGHT EXPERIMENTS

From 1917 to 1919 the author experimented personally, and with the co-operation of Dr. Ella R. Bell, with the electric colored lights by reflex applicators containing two or more pure colored glass 40 to 60-watt globes and with the different sized therapeutic lamps of greater power. It was easily demonstrated that red would invariably irritate inflamed or painful conditions. We soon learned that yellow and orange were good laxatives, and that the latter would slightly relieve inflamed troubles, and that green and purple had a moderately quieting effect. In other words, the higher frequency colored lights counteracted the lower rating electronic conditions.

It is with the blue triad or division of the sun's spectrum, including indigo and violet and with their different hues, that we found by far the most satisfactory results. In severe cases of congestion, neuritis and ulcerated conditions, as well as in practically all inflamed and painful affections, in addition to affording relief locally the blue and indigo lights, especially when focussed on the neck, produced a drowsy effect. In fact, it produced in numerous cases sleep at a very short time, even when half blue and half white colored lamps and reflectors were used. When two or three blue globes were included in one of our De Luxe Bottled Sunshine Cabinets complete relaxation and sleep for the nervous patron was the result.

Many a worn out, nerve-racked person can testify to the immediate counteracting effect to congestive conditions of the mind and body, by the use of this very practical Science and Mind treatment. The colors are truly the key to the Scriptures of Nature and its two-fold universe.

For severe sprains, blue, we found, to be the color to give relief and reduce the swelling. For skin eruptions, violet or cobalt blue brought about some almost miraculous cures. This is also true in connection with wounds and ulcers.

Dr. Wm. Poole, a member of the Stevens Light and Color Institute, a surgeon of highest standing in his profession, found the use of the blue lights more satisfactory than any

of the old school medication in treating inflamed and acute pains and prescribed the white and blue baths or local applications for elimination and relief from bodily poisons. He also used it on himself for toothache, etc.

Dr. Ella R. Bell, a member of our staff for nearly four years, has used the electric light colors, particularly the blue and green, with the most gratifying results.

At the present time the writer is trying out three different hues of orange and green as alteratives and re-energizers. The red, we know from personal experience, should not be used for inflamed parts of the body, as it is too irritating. In the author's advanced book —Vol. II—some valuable experiments will be reported on the therapeutic, psychological and moral effects of the various color hues. It is well known that our ex-President Woodrow Wilson owes his recovery largely to his blue light treatments. It was found to produce a remarkably soothing and strengthening effect on his wrecked nervous condition.

CHROMO-PSYCHO THERAPY
ELECTRIC LIGHT, HEAT AND COLOR FOOT BATHS

Dr. J. W. Starkey, foot surgeon in connection with the Stevens Light and Color Institute, uses the Violet Color for antiseptic cauterizing, and finds the violet rays most soothing. This specialist finds that violet rays promptly relieves pains in the feet and legs and also reports that while black stockings irritate sensitive feet, the light colored hosiery tends to decrease negative conditions.

Red is stimulating. Yellow and Orange relaxing. Blue is sedative and calming. White is penetrating and balancing. Violet is soothing and healing. Dark red is irritating.

Extracts from a lecture by Herman Boeker, M. D., delivered on Jan. 7, 1916, at the School of Chiropody of New York.

"To be able to harness this force and to focus it upon any desired organ or function of the body, is one of the newest and greatest triumphs of modern therapeutics."

Finsen noted that the growth of the nails, hair and other epidermal tissues is encouraged by light and hindered by darkness.

Bacteria which resist strong solutions of germicides, and even prolonged boiling, are quickly killed by exposure to light.

The March, 1919, issue of "The Pedic Items," official organ of chiropody, on page 26, contains an article by Nellie B. Cooper, M. Cp. on "Electricity in Chiropody."

"In the most successful chiropody treatments I have ever given, the violet ray and blue light have played an important part. I have had excellent results in many cases of infected ingrown nails, bunions and corns, the violet ray helping nature to discharge the pus. This ray not only increases the circulation, but also reduces the severe pain."

One severe case of ingrown nail was relieved by a fifteen minute treatment; the dead tissues had been previously removed, the nail-groove had been cleansed, and hot antiseptic ointment had been applied, but the parts were so painful that it was impossible to slip cotton under the nail. The rays increased the circulation and stimulated all the tissues to greater activity, with a resultant cure."

"After cleansing and opening a blistered heel, it is much relieved by the use of ointment and Blue Light."

If the part to be operated on is very painful, the sedative (blue) should be applied.

One may often find that a surface is too painful to even bear the weight of the glass electrode. For such a condition the Blue Light and the Stevens gold medal awarded Balsam Extract A will bring quick results.

In pedicuring, the use of Blue Therapeutic Light is a great help to a successful treatment.

RED AND BLUE COLORS

The world over no one ever heard of red stripes on the nurses' dress, uniform or apron, but blue is the popular and regulation stripe. Blue is used with splendid results to calm the insane or unbalanced, particularly in the institutional garments worn by the unbalanced as well as the attendants. Even the state prisons and chain gangs universally keep to the blue as the necessary predominant color for the official garb. One only has to observe the effect of red on our friend, the red-blooded bull. It simply adds insult to injury. It acts like red pepper on an inflamed mucus membrane, for it makes the animal nature wild and raving mad till the reaction appears—of heat bringing about cold (a cold sweat)—and if the intelligent sub-intelligence back of the sweat glands were not in close touch with the complementary forces of the Parent solar system, we would, after each red temper or tempest or cyclone, simply go irretrievably to pieces in this incarnation. The red must ever look up to the higher saving grace of the Heavenly blue, or the seventh and highest color potency of violet, often termed the angelic hue.

Vibrations of emotions afford us the richest opportunity to transplant our ideals into practical ideas, and to plant our seeds of newly acquired thoughts into the Soul's garden of feeling and unfoldment. With each succeeding thrill of spiritual emotion, we can make new inroads and beds for more character seed-planting. As we cultivate the plants of our love sowing with the vibrating water of life and warmed by the sun rays of the soul, we become filled and saturated with the spirit of health, youth and joy.

HOT AND COLD VIBRATIONS

Cold currents develop heat waves. Heat currents develop cold waves. We learn the lesson here that cold, or cool stimulating colors and water baths are for red-blooded persons, while warm or tepid color applications or water baths are for blue-blooded and sensitized souls. As a rule brunettes take to warm water and blondes to cool or hot water; the same is true in relation to the climate and weather.

Red represents the lower, denser and "coarser" vibrations, while Blue expresses the higher, lighter and refining and healing force of our solar system. Yes, it is the triad of blue to violet that works miracles over all the lower color realms and activities. Note the calm, majestic magnitude of the great blue sky; the soothing effect of the light blue or violet-shaded draping and wallpaper, or the delicate, refined little violets or bluebells of Scotland and of the blue eyes of any animal or human being.

MARVELS OF PHYSIO-PSYCHO-CHROMOPATHY

The Blue, Violet, Green and even the Orange, colors in the electric light change our static, slow and congested conditions of body and mind into dynamic force. These higher colors convert our latent into manifest powers of Health, Success and Joy.

BLUE TO VIOLET AND GREEN

These colors and white electric globes of 40 to 60 or more watts, each arranged six inches apart alternating, and arranged in an enclosure for local or general bodily uses, will emanate the brighter and finer forces of the white light. Using reflecting hardened enamel the effect is intensified, and when connected with the purified air, inhalation of balsam air, the result is naturally magical. It will not only spell vibrations finely attuned but it spells emotions finely attuned.

Elimination
Perspiration
Respiration
with Inspiration

Thus releasing congestion, disease or "errors" committed in the brain and body, and which, in the last analysis, reads: Cleanliness is Godliness for the Soul's Clean Human Temple.

COLORS NOURISH and with food more vital than that which the stomach receives. Colors are immediately digested and assimilated by the body, mind and soul.

COLOR AFFINITIES AND BLENDING

The "White Light" represents the union and balance of all the colors. This is true in all the seven octaves and applies to the invisible as well as the visible realms, and it includes the visible human auras and the thought vibrations.

The three or triad of primary colors of red, yellow and blue are divided into the seven colors of red, orange, yellow, green, blue, indigo and violet.

Black is the absorption of all colors and represents concealment, repression and depression.

White is an expression of all colors and represents a balance and expansion, and revelation.

The following colors blend and balance—

Red with Blue

Orange with Indigo

Yellow with Violet

Red mixing with Blue makes Purple.

The following colors affect one as noted:

Dark and murky Red is irritating.

Light Red to Pink is stimulating and brilliant.

Yellow to Orange is luminous and laxative.

Green is energizing and vitalizing.

Dark or heavy Blue like dark Grays and dark Brown, is enervating and dense.

Light Blue to Violet is cooling, soothing, calming and magnetic.

———o———

TRIAD OF COLOR, FORM AND SOUND

This family or trinity is intimately associated. Color can be tasted by some persons, distinguished by touch by some, and others it can be even heard. This is due to a finely attuned or sensitized nature together with education by the outer as well as by inner senses. Color is to the mental what music is to the emotions. Color hearing and sound seeing are known under the name of synesphesia and photism. See encyclopedia.

Touch is the lower, while seeing is the higher physical vibration. Feeling, which in itself is not classed with any of the outer senses, is the parent of the senses and can be made to take the place of any or all of them. It has been discovered by a series of experiments that the human skin can develop invisible eyes to see, according to scientific authorities.

A public school department has been established in Tacoma, Washington, to train

the deaf and dumb to dance by music vibration felt by the feet. Helen Keller is a fit example of what feeling can be made to do when some of the common senses were never developed. The Patonia New York Asylum for the Blind is training their students to distinguish colors, and the results are truly remarkable.

Color is a force, and like all forces it is positive and negative. The primary colors are red, objective, blue subjective, yellow objective. Positive red is represented as fire of a slow rate and as antagonizing and as non-spiritual. It signifies blood-shed, war, hate, revolution and red anarchy in its negative sense. (See Funk & Wagnall's New Century Dictionary for the positive and negative of all colors.)

There are innumerable hues and shades and tints in the red and blue colors. Yellow negative is represented by jaundice, meanness, cloudiness. Light yellow is positive and means relaxation, receptivity, aspiration. Orange represents inspiration, thought-force, glory, courage. Green-negative, unnatural growth, lack of knowledge (green as grass), etc. Green-positive means new growth, vigor and power in unfolding. It is nitrogenous. Blue-negative is fatiguing, and when very heavy may become oppressive. Blue positive is purifying and uplifting. Indigo is a little higher rate of frequency and potency than the regular blue. Violet is the highest point of the blue triad and just below the X-ray. It stands for supreme glory, victory and idealistic development. The ultra-violet and X-ray are on the border line emanating from the highest point of the octave of colors.

Thought and Word Vibrations. Every thought, word and sensation sends its color and creates the encircling aura. We cannot be afraid of dark places if we keep in tune with the infinite supply of the white or higher shining lights. We become a center of radiant energy. It must be remembered that warm colors are positive, and cold colors are negative.

Black represents separation, darkness, cloudiness, denseness, crime and death.

Color builds our environment. We use forty octaves in the training of our intelligence. By thought and prayer colors can reach to the fourth dimension. All motion is differentiated by colors. Atomic and molecular vibrations set up a sound tone, or a color, and these produce cellular vibrations which in turn set up vibrations of the body and stimulate the tissue cell and vital organs. To illustrate the power of vibration we read of how Joshua marched his army around Jericho till the strong walls of the city shook and fell. The rhythm of a great army marching in unison together with all their trumpets sounding one note produced this natural result. Every General realizes the potency of marching his army, keeping the same step on a bridge. Our thoughts as we gather them into a vibrating enclosure, like the nervous system and brain with our will power, like a general of an army, is powerful enough to shake the foundations of all negative and obstructive lower

and negative forces. The thought vibrations which we hold under poise and control are potential, while those we send out are kinetic. Thought colors have been photographed, and there are some who claim that thought colors are seen by the naked eye.

CHAPTER VIII

COLOR SYMBOLISM, THOUGHTS, EMOTIONS, PASSIONS AND EFFECTS

When not otherwise designated, the following colors are measured as a whole by their hues, shades or blendings:

BLACK symbolizes darkness, night, cloudiness, density, sloth and even "crime."

BROWN represents earth, dust, dirt, doubt; is a negative and neutral color.

GREEN represents dawn, awakening.

The primary or color triangle is Red, Yellow, Blue. Our solar spectrum or rainbow colors are red, orange, yellow, green, blue, indigo, violet, with innumerable hues and variations.

We will continue our lesson on color symbolism. Commencing with the first step of our color ladder, we have

PURE BLOOD RED representing life and stimulation.

MURKY RED, lower life and animal passions, irritaing, exciting.

VERMILLION is materialism, worldliness, flashy and flightiness.

PINK, friendliness, light-heartedness, playfulness.

YELLOW, when murky, is lifeless, sordid, jealous, untrue.

YELLOW, relaxation, little animal passion.

BRIGHT YELLOW is pomp, show, shallow or artificiality.

ORANGE (and Cinnamon) is relaxing and alterative.

GREEN is vitality, freshness, newness, immolation, inexperience (green as grass).

DULL GREEN is a sedative and laxative.

BRIGHT GREEN signifies energy, growth.

PURPLE is pride, aristocratic, royal.

LAVENDER is sadness, ease.

BLUE is genuineness, calm, devotion, serene, healing, charming.

MURKY BLUE is depressing.

VIOLET is magnetism, goodness.

BLUE, INDIGO AND VIOLET represent power, high-rating, victorious.

ULTRA VIOLET is the Heavenly color—the top of the color ladder.

WHITE is balance, unity, control, "On the level."

COLOR SOURCES AND REALMS

Visible and Non-visible Lights, Colors, Hues, Tints, Shades and Shadows. Color Potency, Their Quality, Their Relationship, Their Uses and Abuses.

Spiritual Colors.
Emotional Colors.
Electronic Colors.
Magnetic Colors.
Sex Creative Colors.
Gaseous Colors.
Liquid Colors.
Mineral Colors.
Vegetable Colors.
Floral Colors.
Water Colors.
Animal Colors.
Human Colors.
Astral Colors.
Mental Colors.
Solar Colors.
Stellar Colors.
Angelic Colors.
Godly Colors.
Esthetic Colors.
Colors in Music.
Colors in Painting.
Colors in Poetry.
Colors in Dreams.
Colors in Worship.
Colors in Character.
Colors in Love.
Colors in Marriage.
Colors in History.
Colors in Morality.
Colors in Religion.
Colors in Education.
Colors in Instinct and Intuition.
Colors in Mysticism.
Colors in Revelation.
Colors in Knowledge and Growth.
Color in Sentiments and Romance.
Color in Health Psychology.
Color in Classification.
Colors in Color.
Colors in Light.
Colors in White.
Color in Photography.
Color in Races.
Colors of Birds.
Colors of Fishes.
Color in the Ocean.
Color in Physical Senses.
Color in Human Complexion.
Color in the Skies.
Color in the Passions.
Color in the Motions.
Color in the Aura.
Color in the Thought.
Color in Breath.
Color in Health.
Color in Disease.
Color in Remedies.
Color in Disposition.
Color in Foods and Drinks.
Color in Dress.
Color in Houses and Rooms.
Colors in Clothing.
Color in Confectioneries.
Color in Vehicles.
Color in Psycho-therapy.

SOUND AND COLOR

Dr. Edwin D. Babbitt, in his "Principles of Light and Color" (compiled and greatly condensed by W. J. Colville), says:

"Concerning the relations between Sound and Color, much has been said and published. A simple comparison is made by considering the note C at the bottom of the musical scale as the equivalent of Red; for C is made with the coarsest vibrations of air, and Red is made with the coarsest waves of luminous ether. The musical note B requires forty-five vibrations of air every time it is sounded, while C requires only twenty-four, at the lowest end of the scale.

When one musical octave is finished another commences, progressing with twice as many vibrations per second as in the one preceding, therefore the same notes are repeated on a finer scale. Likewise when the Scale of Color is completed in Violet another octave (invisible to ordinary sight) commences with double the number of vibrations common to the lower scale. The shortest atmospheric waves of which average human ears can take cognizance are about three and one-half inches in length. The shortest Violet rays perceived by ordinary vision are 100,000 times as short, for it requires 60,000 vibrations, i. e., 30,000 complete waves of such color, to make one inch in length. The longest waves of air perceivable by ordinary human ears as sound are about seventy feet in length; these are the lowest bass notes. The longest complete waves of ether receivable into human eyes as color requires from 17,000 to 18,000 vibrations to an inch, not far from fifteen million times as many as the largest waves of sound require. After giving these scientifically demonstrated facts to his readers, Dr. Babbitt dilates upon the construction of the telephone, and then proceeds to argue that human vision is not yet so far evolved as hearing; perception of varying sounds requiring less fine development of organism than is needed for acute discrimination of colors in various octaves."

In the words of Dr. Babbitt, "Sunlight constitutes a truly celestial materia medica, far safer and far more potent and enduring than any cruder elements, provided we know how to deal with it. Minerals are at the lowest end of Nature's scale of forces, and are so crude that their particles cannot float in the atmosphere; consequently they are held down in the bosom of the earth. The vegetable world, which contains all forms of nourishment necessary for the human body, is devoid of the coarser elements, which are sifted out by a beautiful and most ingenious process in Nature's perfect laboratory."

HOW TO ARRANGE COLORS IN ELECTRIC LIGHT CABINETS

In a valuable book (not now readily procurable), "Blue and Red Light," by Dr. Pancoast, we find a great number and variety of intensely interesting and instructvive tributes

to the curative influence of Color Baths. A woman, thirty-five years of age, suffering from consumption in the advanced stage called third, with both lungs seriously involved, afflicted with distressing night-sweats and subject to periodical chills and flushing—a case which appeared to be hereditary, both her parents and many other members of her immediate family having succumbed to a similar disease,—was almost entirely cured by red light baths. Dr. Babbitt, in his recital of Dr. Pancoast's testimony concerning the above, and many other similar cases equally impressive, suggests that a still more effective color-treatment would include the employment of deep blue glass for the head, then red beneath it, then yellow, and finally red for the limbs. This he declares to be an extremely potent combination. (It is the scientific and natural method of arrangement of the colored electric light globes in a Bottled Sunshine Cabinet.)

If red is employed for any considerable time and inflammation presents itself, this can be readily vanquished by substituting blue temporarily. Purple often serves as the happy medium between highly stimulating red and cooling, tranquilizing blue.

Red proves injurious when the system is highly inflamed, and it is very seldom found beneficial with persons possessing red hair or rubicund countenance. Feverish and excitable temperaments require the soothing influences of green and blue. Every one can receive benefit from simple white.

It is easily within the capacity of every interested reader or student to prove to his or her personal knowledge and satisfaction that color exerts an immense influence upon health in all its phases. As insanity unfortunately is still a problem with which society is wrestling, we count it a pleasing duty and a distinct privilege to offer items of well-authenticated testimony to the great relief afforded by a judicious use of chromotherapy in the treatment of the mentally afflicted and infirm.

Long ago, in a prominent French lunatic asylum, blue and other light rays were most benignantly employed. Except in cases of melancholy madness, red should be excluded from the vision of the insane. Blue is par excellence the color which subdues violent mania and excites noble moral feelings.

Yellow acts principally upon the nerves. Among laxatives and purgatives yellow is usually the principal color, but in drastic purgatives red is dominant. The well known household remedy, senna, displays beautiful flowers of golden yellow; the calyx is composed of five oval yellow leaves; the ten stamens have yellow filaments and brown anthers. This good old family friend is pronounced by high medical authority "an efficient and safe cathartic."

Figs, which we can enjoy at any time, are abundant in laxative or aperient properties; they are of yellowish and brownish tint when at their best. Castor oil, a simple remedy,

mildly cathartic, is of a yellowish tint. Olive oil, one of our most wholesome and widely employed food products, is pale yellow or greenish yellow; it is a mild laxative and highly nutritive; physicians frequently prescribe it wisely as an antidote to irritation of the intestines. Sulphur furnishes another example of yellow in connection with laxative properties. Eggs with their yellow yolks frequently display similar properties and can be classed often as aperients. Peaches have yellowish pulp and are also laxative. Rhubarb of the best quality is yellow, tinged with reddish brown. Turning once more from foods or accredited medicines to colored glass, it is constantly being demonstrated that the color rays transmitted through glass augments the effects produced by partaking of suitable vegetable foods and remedies and act as efficient substitutes where the desirable foods or medicines are not procurable.

SOLARIZING WATER

Dr. Babbitt's favorite practice of solarizing water by exposing it to sunlight in HERMETICALLY sealed chromo-lenses for several hours before using it, enabled him to prove conclusively how powerful is this simple home remedy, one that can well be placed within the reach of all. Solarized water possesses alterative and curative properties so pronounced as to be almost beyond belief, unless we have individually experimented with it.

In all cases of costiveness, yellow and orange are the colors which act most readily and satisfactorily, however they may be applied. There are many plants which so combine red with yellow—of these dandelion and mustard are notable examples—as to act both as gentle stimulants and laxatives. Orange glass (electric lamps) and the solarized water are of great efficiency in the same direction.

Dr. Babbitt declares that such violent poisons as prussic acid and strychnine owe their intense force to the fact that they contain a vast amount of yellow principle, which is a nerve stimulant, and that this is powerfully combined with the red principle which stimulates the blood.

On the lower side of green we discover the stimulating colors, and on its upper side the calming, moderating and spiritualizing colors. Contrasting the red of fire with the gold of sunlight, the green of foliage and the blue of a clear sky, and sometimes of peaceful waters, we can all realize how intensely affected we can be by the prominent presence of one or other of these pronounced colors within our immediate field of vision.

STYLE OF POWER OF SUBSTANCES

Since the style of power of a substance is revealed by its color, we can speak of it as a (spectroscopically) red, blue or yellow substance, etc., and can summarize as follows:

SUBSTANCES		
Electrical Cooling Soothing and Antiseptic	Violet	To the Nerves
	Indigo	
	Blue	To the Blood
	Green	
Thermal Animating Stimulating and Warming	Yellow	To the Nerves
	Orange	
	Red	To the Blood

The upper half of the scale of color substances are called Electrical, and are soothing, antiseptic and cooling; blue to the blood; violet to the nerves. Indigo partakes of the nature of both blue and violet and is cooling and soothing to both blood and nerves. Green is also a mixed color, partaking of the nerve-animating qualities of yellow and the blood-cooling properties of blue.

The lower half of the scale of colors are called Thermal, meaning heating, and are animating, stimulating and warming: red to the blood; yellow to the nerves. Orange partakes of the nature of both red and yellow and is therefore stimulating and animating to both blood and nerves.

Remedies that are anti-febrile, cooling, soothing and anti-inflammatory, have blue predominating, while nervines and heart depressors have much violet. It may be well to note here that most physicians are not fully alive to the value of this color key to the styles or powers of their remedies. When they become so, the spectroscope is destined to become a very useful instrument in building up a more scientific Materia Medica.

The effects of light shining through glass of various colors on vegetable growth is so clearly and frequently demonstrated, that no reasonable person who has ever witnessed its marked effects can possibly doubt the actual influence of colors entirely apart from any human mental suggestion.

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I believe that unrestricted intelligence, including intuition, is the master key to the heavenly gates of success, freedom, liberty and joy and that Nature is the world's greatest text book.—E. J. S.

THE SCIENCE OF KEEPING YOUNG

The reader wonders why some people die apparently in full possession of their faculties in what should be their prime of life—45 to 65, or even earlier—especially stout people, while others enjoy life and "keep young" up through their 70s, 80s and 90s, and still others under favorable conditions, pass 100 years. In the Balkans, in the Scandinavian countries, in Persia and particularly in California and Mexico, it is not uncommon to find a few persons in every neighborhood enjoying life much beyond the century mark.

So far as Science is concerned there seems to be no reason for limiting life. Tissue cells of animals have been kept alive outside any physical body for years and years, so long as they have been kept clean and periodically washed of poisons and nourished. Why not apply this common sense process to human bodies and indefinitely extend the living-on process, for the sake of service and happiness? With the growing intelligence of a superior race, great things are in store for those who read and heed the signs of Nature and Science. If cleanliness is Godliness, then it is strength and youth and life to keep the cells, the tissues, the pores and all the cavities and passages open by cleansing and eliminating the obnoxious, interfering obstructions to our life and progress. Dear concerned reader, do not "leave a stone" or even a pebble unturned till your system receives periodically its necessary and all-imporant house cleaning. Remove the great cause of disease—low rate vibrations of dirt and disease causing congestion—and its consequence, death, to this body loaned to us by Mother Nature. Be wise, be clean.

People rust out, instead of wearing out or living on and on. Some vital organs "break down" because a lot of absolutely unnecessary fat or diseased (inharmonious) obstructions are crowding them out of place as a result of lack of knowledge and wisdom. They deny themselves—their human automobile—even the attention they give to a common machine, they are continually watching and repairing. Is the human machine less important than a factory machine, which, relatively speaking, is simply a tool? Most people make no effort to live; the opposite seems true, for they habitually obstruct every avenue that supplies life nourishment by thoughtless, careless and among many so-called respectable people, unrefined and unclean habits. The principle underlying "Let there be light" and "Let there be life" is identical, and this means, "Let there be cleanliness, let there be purity," otherwise congestion, which causes obstruction to all the higher life endurance on this planet, so far as the soul of human beings is concerned.

Have your physical house examined, and if you have not learned how to understand your "frame of mind" have it also analyzed and then learn to be your own teacher. "Know thyself" means also teach yourself and heal yourself in the last analysis. There

is nothing within reason impossible with the God principle within us. Knowledge applied rightly is power, and power means that "all these things shall be added to you." Do not wait till Nature has to talk by its language of PAIN. The true and greatest physician is the one who is able to prevent the accident of errors, also termed dis-ease. High Nature will co-operate with you to keep healthy, strong and young, for Nature helps those who help themselves. Be warned that no one can break Nature's laws without paying the penalty, for it is a matter of sowing and reaping, cause and effect. Avoid the danger line always, especially when overflowing with health and vitality. So, dear friendly soul, do not compromise with Nature, who is in reality your very best friend, but "heed the gong."

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TO BE SUNFUL, SOULFUL, SONGFUL—

Let the beauteous, healthful light rays,
The strengthening, helpful light rays,
Enter thy Body, Mind and Soul,
Let the glorious, Heavenly sun rays,
The cleansing, sweetening sun rays,
Enter the temple of thy soul.—E. J. S.

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RADIO-VITANT APPLICATORS

(Extracts from F. F. Burdick's Brochure)

Few physicians are to be found, in these days of progress, who have not experienced some of the splendid rsults of Radiant Light and Heat in combatting pain, relieving local congestion, and increasing the nutritive processes, both local and general.

The purpose of the Radio-Vitant Applicators is to supply a nearly universal method of application, simple to operate, perfect in control, light to handle, and having proper thermal insulation for protection of both patient and bedding.

Every physician and nurse knows well the disadvantages of hot water bottles, electric pads, soap-stones, etc., for making "Local Applications," and for combatting sub-normal temperatures, and will welcome the simple, practical methods outlined in this brochure.

The Radio-Vitant method provides the widest range of Light (Color), Hot Air and Steam in the most convenient and effective possible manner.

Visible frequencies alone are attuned to the scale of animate vibratory impulses. In other words, the environment most favorable to vital functioning is within the luminous media, particularly in the yellow and green colors with their characteristic vibrations in

both length and frequency. For example, the human eye is inactive—receives no visual stimulus—under or above the luminous scale, and is most active within the central portion of the spectrum. Departure from this scale of harmonies in the human body means disease and finally death. Proper application of Light rays tends to restore the normal rhythm of cellular activities in most diseased conditions. In fact, no other natural agent is so capable of influencing both the mental and physical states of mankind for good as is Light.

As the physicist has learned, the Electric Light is identical with Sun Light. In fact, it is Sun Light resuscitated from the energy long stored in fuel. This latent energy in coal, liberated in the furnace and tranformed in the dynamo, is flashed forth in radiance from the electric arc or incandescent filament on its mission of service to the world. In other words, the subtle force—that potent silent process that tints the petals of the lilac and the lily, that scents the rose and the jasmine, that flavors the ripening fruit in the orchard, or paints the cheek and brightens the eye of the ruddy school-girl— is one and the same of Nature's forces, whether at work in the flower garden or on the sands of the seashore.

But while it is the same force at work in every case, only in the Radio-Vitant Cabinets is it possible to obtain that constant control, that accurate adjustment at all times when needed—summer or winter, sunshine or showers."

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OUR LIGHT AND COLOR SELF

That which we call "our-selves," our physical system of densely organized vibrations, represents only a few of the out-going rays, reflected from the great White Solar System connected with the real Self.

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LAW OF COLOR CORRESPONDENCE

Reader and student, "Know Thyself." Find your color chord, which represents the realm on which you vibrate, for the purpose of increasing your health and adding to your invisible vapors from Nature's essential oils—of light colors charged with ozonized air. It is by the combination of the trio of Nature, Science and Mind that we accomplish the greatest results on this planet or plane of consciousness.

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You cannot paint a healthy, sparkling eye or a pure, brilliant gem and add to its lustre. —E. J. S.

THE LIGHT BATH IDEA

In an article by F. F. Burdick he says: "All vegetation, in field and forest, is quickened from tiny seed and bud in springtime, to leaf, flower and fruitage by the vitalizing rays of the summer sun. Light energy is a vital stimulant to animal and vegetable cells alike."

Mr. Burdick continues:

The question is often asked, "Why is the Light Bath superior to Russian or Turkish Baths?" Briefly stated, the Light Bath is superior to any other heating bath because,

1—The Light rays penetrate the tissues and generate heat within the body, stimulating the sweat glands to profuse action, dilating the blood vessels of the skin and muscles for most active hyperemia, with the temperature of air surrounding the body of the patient (in a properly ventilated Cabinet) no higher than the temperature of the blood.

2—Prolonged general applications of intensive heat to the surface of the body, in the form of hot-dry-air or steam, are a vital depressant, lowering the resistance of the patient, while in the ventilated Light Cabinet these evil effects are avoided.

3—The penetrating Light rays have the same relative stimulating and vitalizing effect upon the blood stream and nerve centers that is everywhere observed from the action of the sun's rays upon vegetation about us.

The experience of A. J. Ochsner, M. D., LL. D., F. A. C. S. (Chicago), as related in a recent edition of his work on Surgery, illustrates this point.

"In a personal experience with septic infection—the pain was so severe that it seemed unbearable—dry and moist heat had no effect upon the pain. When the use of electric light was suggested it seemed unlikely that this could act differently from the other forms of heat that had been employed.

Upon applying the light, however, the excruciating pain disappeared almost at once, and since this experience we have employed the light treatment in hundreds of cases of pain caused by septic infection, and quite regularly with results that were eminently satisfactory, not only as regards the relief of pain but also because the remedy assists materially in reducing the infection."

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NECESSITY THE MOTHER OF INVENTION

After all, there is only one disease, and the name of that is "congestion." If congestion affects the mind, it is termed "Ignorance" (lack of a high, normal vibration); if it affects the physical body, it is termed "disease" by the Natural Scientist and "error" by the christian scientist. But in either case, it means "lack of ease," and the existence of an

irregular, abnormal, unnatural condition. The ordinary so-called "civilized" being is today not nourished with sufficient sunshine. Therefore the modern scientist has harnessed sufficient "sun" in a convenient manner to serve him with the "bottled sunshine," in order to bring about the required equilibrium and normal poise to counteract the diseased or erroneous condition. This is the most convenient modern method of administering light, heat, and the necessary colors required for bringing about a true state of health, or harmony in The Human Machine. Thus, as necessity is the mother of invention the Nulife and the DeLuxe electric sunlight bath-cabinets are the most excellent methods of using the radiant light and heat, with the colors. If your practitioner is up to date he will recommend the healing, preventative, exhilarating electric sunlight bath-cabinet—used under his own orders by an operator of established character or by instructions for home use.

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Let there be Light—Abstract.

Let there be Light—Concrete.

Light is composed of 3 primary Colors.

Light is composed of Electric Currents and Magnetic Waves.

Light is composed of Actinic Healing Rays.

Light is composed of Thermic Healing Rays.

The three Primary Colors separate into the Seven Colors of the Solar Spectrum—which are the Rainbow Colors—Red, Orange, Yellow, Green, Blue, Indigo and Violet.

CHAPTER IX

ELECTRONS, ATOMS AND MOTION

Every atom and electron is in motion. As everything is made up of these, everything is vibration and are intelligently represented by corresponding sounds, music, tints, shades, hues, lines, etc.; in other words, colors.

Everything we sense has to do with color. For examples, look at the blue sky, the hue-tinted sunsets, the solar spectra rainbow, the Northern Lights, the fields, flowers and fruits, the vegetables and grains, the birds, fowl and fish, the animal and human creation as well as the mineral realm; look at the wearing apparel, the people, the complexions, the photographs and pictures in general; look at the confectioneries, the perfumes and extracts.

What is true of the visible colors, as sensed by the physical eyes,—the rate of light vibration—is increasingly true of the invisible world of things both below as well as above and beyond our limited vision.

Sound and music belong to the color realm and represent many, many vibrations and emotions; in fact, all the physical and special senses represent manifestations of vibrations and colors. All nature within our little human planet is in vibratory motion.

The positive current and tones and colors flow from east to west. The smaller worlds or realms, like the human body, are relatively and proportionately radio-active with expressing colors.

The solar plexus is the great central and controlling sun, though the brain centers of light and intelligence are closely connected. There are other systems of suns and colors within the human realm and myriads of smaller lights and intelligences. The atomic and electronic streams of colors, from the lowest formed molecules and cells, represent a higher or lower consciousness and obey the law of correspondence in tone, pitch and power when called upon by the human aggregated and individualized thought power called Will. We can induce the white light of seven colors as well as any of these—like red or blue—the murky and pink red, or the heavy blue or light true blue of consciousness, at will.

We are tremendously influenced by our colors, or lack of color vitality. Certain colors are attracted to us.

The solar plexus is where the color generates and flows freely. Man is such a mingling of whirling vibrations and colors. We are a positive and negative sea of color vibrations. Too deep shades of vibrations and colors cause disease. Dr. Julia Seton, the famous author and lecturer, in a public address said: "The varied colors as seen in the flowers represent harmonious sound of music."

There is a stream from flowers, which are the prevailing colors: Red, green and yellow. The blue is an overtone and is both positive and negative. Blue is strongly receptive, and is by some even called the positive.

Pink, violet and white flow from north to south.

The sound and music chord of C has many tone (color) vibrations.

The chord of G is the normal tone (voice) of some people.

Pink is an emotional color.

Tuberculosis is an emotional color dis-ease.

Neurasthenia is an emotional color, lack of ease (dis-ease).

Yellow is the color of the neurasthenic and the overworked mental person.

Violet and ultra violet persons are the angelic faced. The violet and ultra violet rays are the highest and the hardest to reach.

Red is positive, and represents vigor.

Pink and blue to violet are the great healing colors. These are soft, gentle and "sweet." "A soft answer turneth away wrath."

Violet vibrations—inspiration, illumination and aspiration.

The white shades are of many colors, for there are many shades of white—"yellow white, crystal white and "snow white," etc.

Dr. Julia Seton made the following remarks to a public audience in San Francisco in 1919: "We should have white and color treatments. No person can do without the light and color vibrations. The New Civilization people are appreciatng these facts. A doctor of Chicago has made a tremendous success of the Cabinet light treatments. There is a New Civilization gentleman here—Dr. E. J. Stevens—who has a light and color therapeutic institution in this city. There is great benefit to be derived from the light and color appliances and cabinets, which I believe in. The colors assist our development, for it affects our feelings and our emotions, thoughts, words and all our actions. Certain colors for rooms have a restful influence on a patient. Music and colors are the great coming therapeutic agencies. We should suit ourselves with colors, sounds and music."

The time will come when not only will color baths be taken in private homes, as well

as in public institutions in every civilized land, particularly in city residences, but music baths will be used once or twice a week, or oftener, in order to cleanse inharmonious vibrations from the mind and eliminate cross vibrations that entangle the souls, and thus be a means to help maintain the tone of one's mind and soul, and calm and control the emotions.

Harmonious vibrations, such as music, cleanses the spirit's soul house, just as the highest physical cleansing agents—light and color—cleanse and strengthen the body and physical mind. All these color agencies maintain the tone of the individual. We should seek every opportunity for the use of the highest order of cleansing. Besides, music should be as much a part of our day's education and enjoyment as any other important function.

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COLORS IN THE HUMAN ATMOSPHERE

It may be well to add what W. J. Colville, the noted lecturer, has said concerning blue. A "fit of the blues" is a very common expression to denote despondency of feeling, but we also speak of "true blue," which conveys a totally different suggestion. The blue of despondency may be called "false blue," as it is a bluish grey and not a genuine blue of any variety.

Dr. Babbitt, who devoted much time and thought to practical investigation as well as to literary research, when dealing with "Colors and Forces of the Brain," using language common to phrenology, said that all grades of affection are expressed in different kinds of red; pure spiritual affection is shown in beautiful red, but merely sensual affections display dingy red. Swedenborg's teachings regarding color-symbolism are precisely to the same effect. Dr. Babbitt associated Benevolence with a very beautiful type of green, Religion with yellow, Firmness with blue, Self-esteem with purple. The kind of religious feeling dominant in a religious person must inevitably change the type or grade of yellow, so much so that "pure and undefiled" religion emits a bright golden radiance, while the lower forms of religious sentiment, sometimes selfish and often mingled with craven fear, show forth in dull and uninviting yellow. Dr. James Rodes Buchanan, who gave much attention to this subject, said that the blue of Reasoning Powers is a grade higher than that portraying simply firmness, and he spoke of a very fine grade of yellow betokening Veneration, pure and simple. A normal nose, he said, gave forth a green emanation; lips yellow, with orange below them; the chin emits scarlet.

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Health and prosperity represent circulation, and money in motion spells circulation. They say "a setting hen grows no feathers." Therefore, there is life in motion.

LIGHT AND COLOR CURES

Physical and mental diseases are simply low rates congestions, causing crossed wires to temporarily interfere by interrupting the progress of the higher thoughts of being. The remedy for this uneven, inharmonious, interrupted condition is the use of Nature's higher visible forces of Light in combination with the fine, light and color forces of the mind. These pure and powerful agents will clean and clear out all the dis-eases caused by our mistakes or errors and bring back a harmonious, healthy, right of way to our heavenly (evenly) progress. The primary colors of red, yellow and blue, or red, orange, green and violet, are the great regulators or alteratives. A combination of all these colors produces a perfect white or equilibrium. The spectrum colors of the natural agencies of Light, as seen by the eyes and those felt by the mind (thoughts) are more natural and potent for an evolving human being, than the use of the mineral or even the vegetable mediums, but perhaps the masses of humanity are not yet prepared or evolved to the realm of higher octaves of cleansing or healing rays. The higher rate colors operate in dispelling disease colors in the body, restoring health by color potency. Thus, a person suffering from malarial fever is treated with quinine, which is composed of blue waves, and these drive out the lower congested agents—truly a method of cleanliness and cure. Even this form of administering blue will eventually be superseded by the sun and mind spectrum, containing the finer primary colors, which of course are preferable.

Light, with its family of colors, is not only the Giart Cleanser and Heavenly Purifier, but it is the greatest of foods for the nourishment of the human body, mind and soul. The sunlight, as well as the Light of the higher intelligence of the mind, is now being used in a remarkably satisfactory way for locating and diagnosing all manner of dis-ease.

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SLEEP INDUCING VIBRATIONS

(1) To "fall asleep," or for rejuvenating, recline on your back, relax and think of a "cream-white" (or light yellow) wall, then think away the white wall and "let go."

(2) Bask and relax while on your back or side, allowing the sun to shine on the body. Keep the feet warm.

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MARVELOUS COLOR EXPERIMENTS

During the years of 1917 and 1918, the author made a number of experiments on himself in treating acidosis, caused by a lack of sunshine and exercise, which resulted in poor elimination. Lack of the sun's nourishment and stimulation decreased the necessary energy required for the human machinery. As a result of this depleted condition and a

mental strain, there was a deficient amount of magnetism to lubricate and sooth the nervous system. Therefore, the electric acid, acidity of the stomach, resulted in periodic attacks of acidosis. Sodas and hot-water drinking failed to relieve the intense pains, and acidity, so while thinking what next to do, late one night, after returning from an Oakland demonstrating lecture on drugless methods, and actually getting no benefit from soda and hot water drinking, and remembering the very soothing and healing effects of light and heat, and that inflammation and pain were associated with the low rating of red, I tried a blue light turned on from a 60 watt electric globe radiated just over the chest. The headache quickly disappeared. The light was reflected from the metal reflector so as to cover the surface of the neck and the thyroid gland, which is a most important organ for controlling the digestive juices and functions. The light blue gave splendid and immmediate results. The acidity and pain, as well as the inflammation, were quickly relieved. The acid seemed to turn into an alkaline condition and became sweet and natural. In acute or semi-acute cases of indigestion or sore throat or chest, the benefit was all that could be desired. In several extreme attacks of acidity of the stomach the immediate application of the blue lights changed the acid into an alkaline condition. When the mucus membrane is red and congested, the higher hues of blue act as a natural alterative and the beneficial results seem miraculous.

DIAGNOSING AND HEALING BY COLORS

Doctor George Starr White has diagnosed thousands of the most obscure cases the doctors of America could "dig up" for him, and has never made a mistake in a non-complicated condition. Doctor George Starr White, the noted physicist, diagnoses disease by the use of Light, Color and Sound vibrations.

Dr. Bowers of New York says: "Remember that the light that elicits the reflex—that tells what the disease is—if used faithfully and correctly for a period of time, tends to cure the disorder that caused the abnormal condition. This is the hope held out to those suffering from tuberculosis, cancer, or the chronic toxemias, which, under our present methods, are most generally incurable."

COLOR BLENDING FOR HARMONY

Affinities: Red and Blue, Yellow and Violet, Orange and Indigo.

Cool baths are for red-blooded persons, while warm baths are for blue-blooded persons.

CHAPTER X

THE SUPER-WOMAN OF PURE COLOR RATING

A truly normal woman is 60 per cent feminine and 40 per cent masculine, total 100 per cent.

The superior woman must be God-loving, good natured, refined and truthful. She must be affectionate, unselfish, sympathetic and tactful, intelligent and able to see things at a glance. Cheerfulness and humor should be amongst her attributes, such qualities helping to lighten the burdens of life.

She should attract health for both body and mind, in order to expel the old-age disease and other negative conditions. She should cultivate a sunshiny disposition, which will grow and blossom marvelously and bear fine, serviceable fruit. She should be useful and able to turn her hand to anything, and at the same time not neglectful of her mind, which she should provide with strengthening food.

She must be patient and able to catch the idea which struggles through broken expression, by encouraging intuition.

In every true woman's soul is a depth of sweetness and tenderness, which she must not allow to dry up. The more it is used the more it will increase.

This true woman is nobly planned to warm, to comfort and command, by her strong, sympathetic, intuitive influence.

This superior woman is ever on the alert to enjoy a clean, healthy body and mind; refined in dress. Her religion should be based on the Golden Rule, plus unselfish love toward all. Her keynote is "B Natural."

This woman will always vibrate love, joy and youth—avoiding all old-age thoughts, words and deeds. And like her counter or complementary part, called the super-man, she should be independently dependent, and yet passionately enjoying individuality and freedom.

Fond of the out-of-door life, and yet loving the home and child life, as well as fields and flowers, and cultivating creative thought.

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"A rolling stone gathers no moss," but who wishes to be a moss-back? A rolling stone represents energy.

THE SUPER-MAN

God's ideal is now evolving;
With great forces men belong.
Super-men are now unfolding
For a race . . . super-strong.
Earth's the school-house, Life's the training;
Here we're dwelling but a time,—
Nature's pupils!—And we're making
Glorious strides on earth sublime.

Life's a study, Life's a blessing
When we understand the same.
Thought inspiring, soul refreshing,
We keep young in Life's great strain.
Light through darkness generating,
Mists give way to strength of sun;
Thus the Soul-rays, penetrating
Through "our clouds" when sorrows come.

Does not light come with the morning?—
And through gray fogs bright rays shine?—
Thus the soul-urge—Light vibrating—
God's own image—Man divine.
Let all troubles, disappointments,
Oppositions, move along;
Count them problems and appointments—
Friends they are to make us strong.

We are students, always learning
From the cosmos realms of thought.
Old age thoughts ne'er expressing,
By the man whom God has wrought.
Pluck and Push, and Perseverence,
Stepping stones to walk UP ON
Ah! it's joy—great joy—progressing.
Life's chimes ring. Oh! hear the song!

Let's be thinking! Let's be doing!
Let it be with song and smile!
For we're growing while we're going—
On life's journey, mile by mile;
It's right thinking and right living—
Breath of life—to fight the wrong;
Food for mind and Soul inspiring,
For life's work to keep us strong.

Art and Science at our bidding;
Light and Love to help us grow;
Music thrills our very being;
In Life's feast we feel the glow;
Why lose time then, sighing, longing?
Heaven is not beyond the sun.
Heaven is here, to us belonging;
It's the home of Super-man.

E. J. S.

LIGHT, COLOR AND AIR THERAPEUTICS

Red fire, hot water and steam belong to the lower rates and coarser grades of light and heat; in fact, a person may become weak and even ill by the use of these applications. On the other hand, the rays of Sunlight, together with its balanced colors and finer heat rays—in direct contact with the physical body—pass through every tissue, entering and cleansing every organ, atom and cell, revitalizing, regenerating the psychic and spiritual forces. Clean, clear, healthy light, with its color rays, generate a more enduring warmth and strength and is a far greater cleanser than the water and steam treatments and baths, the same is true of air baths.

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RHYTHMIC BREATHING AND COLORS

For persons who do not enjoy the natural out of doors—natural life, too much cannot be said in favor of the great benefit that is to be derived from systematic deep breathing. The introduction of oxygen and the purifying of the blood is more fully accomplished. It is natural to take an occasional deep breath.

Nature's purified air is drawn into the unused cells of the lungs, expanding and strengthening those that may have been wholly or partially collapsed, and also the bronchial tubes, and all of the air passages to and in the lungs; thus the lung capacity has been greatly increased, as indicated by a chest expansion of several inches more than could be made before the inhaling treatment was used. It also has a very beneficial effect upon the throat and vital organs, rendering them stronger and greatly increasing their capacity, adding breath coloring to the speaking and singing tone.

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UNBOTTLING SUNSHINE

Do you realize—
That all our troubles may be good friends in disguisse?
That our mistakes can be strong steps on which to rise?
That it's not too late to turn from foolish to wise?
That those who fail or fall can soar to loftier skies?
That to doubt and say "I can't" are poor confessions?
That to lift our burdens means to stop depressions?
That our problems mean to us, our rich possessions?
That lack of ease means dis-ease or dis-appointments?
That dis-appointments may bring us new appointments?

E. J. S.

THE ODIC LIGHTS AND COLORS

Copy of a Letter Written by the Author to a Scientific Research Friend at Indio, Calif., August 26, 1918.

As you have asked me for more data on these strange odic lights and colors, a few points relative to these finer forces would not be amiss, while our minds are on this line of thought and investigation.

Odyllic, or odic light, is sometimes called flourescent light, and is generally connected or associated with magnetic waves or the electric current, though it may be associated with other light rays.

It can be seen through the Crookes X-ray tubes by the use of a screen to shut off the outer lights.

Natural, or made up by a chemical process substance, of a crystaline composition, is now used for producing some marvelous results. Tungstate of calcium (or lime), when fused in a furnace, produces at a certain heat crystals about the size of a pin head, which are glued together, and under certain conditions produce extraordinary results. (The X-rays and the tungsten lamps use this combination.) Thus we have one of the substances for polarization uses (the polarizing along electronic lines).

Polarized rays are the methods of developing colors by means of refraction. Glass prisms of the highest grade vitreous material are used in the scientific manufacture of the triangle and diamond-shaped reflectors, to produce, or rather to reflect the colors, as they cross and recross in order to appear on the surface of animate and so-called in-animate things—something like an aura. Diamonds produce this effect in a small way; in fact, the principle is the same as using the ordinary scientific vitreous triangle, which is so very much larger. As the writer possesses several imported high grade prismatic, or "prismatoidal," cut glasses, of from two ounces to half a pound in weight, you may have the pleasure of doing a little research work, or rather play, on your return from your trip away down in the "desert of America." I would like to enjoy the privilege of experimenting a little on the "Indio Oasis," but can hardly spare the time away from our Research Studios in San Francisco.

Bear in mind that the real electric color is blue and its nature cold to freezing, and that its complementary color is red; this is its natural affinity, and these colors attract each other. This applies to every realm of nature throughout the Universe, whether it be in connection with the visible or the invisible world. There are many octaves of colors that as yet have not been seen. We have splendid reasons to believe the same is true of the hues and shades. All colors have their color affinities, or, more strictly speaking, each color has opposite as well as its near associates. This is as true with the colors

of the ode, i. e., odic colors, as of any other color realm; in fact, in a deeper and far reaching sense, these odic colors represent greater potentiality.

We are on the eve of marvellous discoveries and mighty inventions in connection with these odyllic mysterious and fascinating color forces. Heretofore, it has been left to the poet,the artist and to the inventor to enjoy the happy dreamland of special soul visualization. Of course, others at times cognize this spirit of intelligence and enjoy the varied colored rays of inner consciousness, but the great mass of human beings see slight glimmerings (if they observe at all) of those finer colors and hues; some are interested, and a few students of Nature are even alive to the potential possibilities, and a very few advanced thinkers are commencing to realize that these color forces may be unfolded, developed and harnessed sometime for "every-day use" for light and power.

For Vol. II of "Vibrations, Their Principles; Light and Color, Their Uses," the author is gathering together from his own experiences and research work, perhaps more data, along the odic color line, than can be found in any one book.

ODIC-ACTIVITY RAYS

The odic-activity ray, more powerful than the X-ray or the radium ray, is to completely conquer the air.

The giant sky liner, safe as any conveyance ever perfected, equal in luxury and comfort to the palatial greyhounds of the ocean lanes, is a possibilty and probability of the near future.

These were the announcements made by Prof. Edgar L. Hollingshead, scientist of Pasadena, in an exclusive interview in May, 1921.

For, he declares, this powerful ray will make metals so light that a huge steel sky ship would become light as a bubble.

Not only this, but the odic-activity ray, Prof. Hollingshead claims, will take the place of radium, valued at $120,000 a gram, and revolutionize the scientific world in the treatment of certain diseases.

And the cost of lightening metals, of using the rays for medical purposes, is so minute as to be almost negligible.

The odic-activity ray, according to Prof. Hollingshead, so far has successfully changed the weight of metal over 100 times in as many tests; it has caused hard clay to explode the instant the ray touched it; rock, opaque to the eye, has been made transparent and by means of the ray, an actual photograph has been taken through a solid sheet of lead. One application of the ray on metal has caused it to become permanently cold—be-

yond the possibility of ever becoming heated. And it has instantly changed water into its primary gases—hydrogen and oxygen.

But of all uses of the ray, including treatment for medical purposes, that of lightening metals is the greatest, and will revolutionize the traffic of the world.

HARNESSING THE SUN-LIGHT FOR EFFICIENCY

Compiled by the Author and With Compliments to His Contemporary, F. F. Burdick.

"Your EFFICIENCY PROGRAMME will be the most delightful experience you have ever enjoyed. It will be equal to a mid-summer outing to your over-worked physical resources, and far more effective in its results. The LIGHT BATH is like fresh air and sunshine to jaded nerves, fatigued muscles and poisoned blood. It brings the rest and recuperation, the tonic and exhilaration of the sea-side sunbath every day in the year—a continuous vacation.

Light (sunshine) is the great germ destroyer, and when the electric light rays shine directly upon the nude body, it kills not only the germs without but the germs within. Light with its warming, healing powers opens the pores of the mind as well as of the body · it cleanses not only the blood, but the heart it pulses through. The sun must be focused strongly enough on the body to bring out the poisons, to let in the vitalizing light to re-vivify and energize; not only to cure disease, but to maintain that equilibrium of body, mind and heart which we call NORMAL POISE.

But our twentieth century civilization prohibits this. We are much too busy to take an hour off for the daily sunbath, and there is no place to take it if we had the time. But the need—the imperative need—of sufficient sunshine to bring on a thorough sweat has not passed along with our modern habits. The question is, if we cannot get it in the ordinary way, what shall we do?

Electric light bottled sunshine is the answer, for this is simply sunshine that has been stored for many centuries in the coal fields, waiting for your call and mine. Chemically, it is practically the same as sunlight, so nearly so that it has been successfully used to force the growth of plants.

With an Electric Light Bath Cabinet in your home you can get well and keep well. It is always ready without preparation. Enter the Cabinet, turn the switch, and sit quietly enjoying the luxury of the sunshine sweat. Your head is out and you breathe in the cool, fresh air. The vitalizing Light rays brighten the eye, soften and beautify the skin of the fair sex and "put spring in the heel."

The results are immediate. The first bath clears the brain, relieves nerve and muscle tension, and stimulates the vital organs to increased activity. Soon all feelings of langour

disappear, the sleep is refreshing, the digestion normal, and life takes on a new meaning—the real joy of living.

The family physician is always glad to recommend the Light Bath for maladies common to every home—the same as in the sanitarium or health institution. The Light Baths develop the resisting powers of the body, and thereby prevent disease."

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A WORD OF APPRECIATION

As the latest associate of Dr. E. J. Stevens' Research Institute, I am glad to add a word of appreciation. From Scandinavia, where I studied in Stockholm, Christiania and Copenhagen, my intuition led me through New York, Chicago, Battle Creek and Kirksville—the home of Osteopathy—to E. J. Stevens' Light and Color Institute in San Francisco. In all my researches I have found no higher ideas in modern therapeutics than Dr. Stevens' methods. He not only realizes, but carries into practice, the combination of the mental, physical, and spiritual principles, and it is upon this triangle that all healing rests.

GUDRUN FRIIS-HOLM, D. O., M. D.

Gudrun Friis-Holm, M. D., D. O., the 1921 attendant-consultant physician of the E. J. Stevens Light and Color Institute, and Dr. Howard G. Ellis, in charge of the mens' Electro-Mechano departments, have directly and co-operatively, with other members of our faculty staff rendered invaluable aid in demonstrating the marvelous and seemingly miraculous uses of the colored lights and the bottled sun-light applications for the different classes of erroneous, inharmonious physical and mental conditions, termed "disease" dis-ease (correctly meaning lack of ease).

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"FLASHLIGHTS" BY THE AUTHOR.

Those who believe and receive, can conceive and achieve.

This is the golden age of opportunity and of constructive optimism.

A current of thought is a stream of passing electrons. Highly evolved electrons produce harmonious waves, as in the case of ultra-violet, actinic X-rays, and so on up through the invisible color-realms. The higher the vibration frequency the shorter and more potential the wave length.

All expressions of art, including languages, are thought vibrations and inventions. Even reflections in the mind and in a material sense—those which we observe in the water—originate in the soul, and when manifested are registered on the ether, some of which are observable; while the deeper, finer thought vibrations are simply discernible things.

CHAPTER XI

FOURTH DIMENSION AND EINSTEIN'S THEORY OF RELATIVITY OF TIME, SPACE AND LINES

Taken from "The World's Almanac"

It is Dr. Einstein who has brought the fourth dimension into physics as a vital fact. In addition to length, breadth and height of the old order, one now takes account of the time-dimension as the new fourth coordinate. Time and space are no longer treated as independent. The relativist claims that we can know nothing of absolute space in the Euclidean sense of a line that goes on and on straight into eternity and infinity. The material universe moves in perfect cycles; the system of which we are a part move through a cycle of sixteen million light-years; at the end of that period it recommences its long journey and, like the recurring decimal, repeats it over and over.

Energy is identical with mass; energy may be said to create this material world; and the doctrine of conservation of energy becomes merged in the doctrine of conservation of mass. It is here that the relativist seems most surely to have planted his feet on solid ground. He has the undoubted facts about electrons in his support. Proceeding from the dictum is identical with latent energy, he formulates a new law that mass is not invariable, that mass actually receives an increment that varies with the square of the ratio of the body's velocity of light. In astronomy this strange doctrine has already been decisively confirmed. The most interesting thing about relativity is that there is so much in Nature to confirm it.

Some account is here given of the three great astronomical tests of the theory; of these the first two have been satisfactorily met: (1) The authors of accepted astronomical tables have been obliged to add an arbitrary constant, 43 minutes, to the centennial motion of Mercury's perihelion in order to secure agreement between the old Newtonian theory and telescopic observation. This discrepancy was a hopeless puzzle till Einstein announced the law of mass varying with velocity and computed from this law a correction of 42 minutes, or within one second of the true. Mercury attains a velocity of thirty-five miles per second and is by far the most rapidly moving body in the solar system. (2) Einstein predicted that if stars be observed when they are close to the sun's limb, the light com-

ing from the stars to the earth would be bent by the gravitational pull of the sun; stars at the limb would appear displaced outwardly from the sun by 1.75 minutes; stars some distance away from the limb would be displaced inversely as the distance from the centre of the sun's disk. Such observations can be made only at the time of a total solar eclipse. Einstein's success in solving the problem of Mercury had greatly interested British astronomers. The prediction as to the bending of light was in the nature of a challenge, since it presented a clear-cut issue. The Newtonian law of gravitation led one to expect a displacement of 0.87 minutes. Einstein predicted twice as much or 1.75 minutes.

Two astronomical expeditions went from England to observe the total eclipse of May 29, 1919, one to Sobrai, in Brazil, the other to Principe, in the Gulf of Guinea. The one expedition secured 1.98 minutes as the result; the other 1.61 minutes; both are very strongly confirmatory of Einstein. (3) In an intense gravitational field like that of the sun all lines of the spectrum should be displaced to the red. This displacement has not yet been found.

THE NOURISHING SUNSHINE

In Volume IV of the "Pharmacal Advance" the following statement is made under the heading, "Is Sunshine a Food?":

"It is remembered that in 'Gulliver's Travels" there is depicted a race who were so fortunate as to possess professors bent upon the exquisite task of extracting sunshine from cucumbers, which, after all, is what most of us are doing when we utilize the sun's rays by consuming the fruits and vegetables, which are the storehouses of the sun's heat.

Fabre in his work, 'The Life of the Spider," makes the following observation upon the species known as the Narbonne Lycosa, in which there occurs another form of this process, sunlight being the only 'food' consumed by the young of this species during the first few months of their existence. Let us briefly retell this interesting zoological episode.

When the Lycosa's brood are hatched, the tiny creatures, to the number of many scores or even hundreds swarm upon the mother's back, and if there be considerable pressure upon the available space, they may cover nearly the whole of the body, though the eyes of the mother are invariably left uncovered. The young Lycosa are agile and even acrobatic in a marked degree. As the mother moves about, numbers of the little ones are shaken or otherwise detached from their lofty perch, whereupon they race after their parent, and with indescribable ease scale her legs, and once more ensconce themselves in some unstable position among their sisters and brothers. For a period of something like six months the willing beast of burden carries about her family until, now beyond the need of apron strings, they leave the parental lodgement to fend for themselves. We have seen the Lycosa's

young are extremely active and agile. They are racing and scrambling about incessantly. Now, so long as their dwelling-place is the mother's back, that is for the first six months of their life, two remarkable circumstances are to be observed. First, they do not grow. When they leave the maternal whereabouts to carve out a career for themselves they are no bigger—they are indeed slightly smaller—than when they were born. Second, and more remarkable still, during the whole of the period, about six months, remember—of their proximity to the parent's person, they consume no food. There can be no doubt as to these extraordinary facts. The closest observations, and the most exacting experiments that can be devised only confirm these incredible findings. There is no possibility, for example, that they imbibe nourishing juices exuded from the mother's pores. You may rule out every such imagined possibility, and accept as an established fact an absolute fast extending from birth until the time of leaving the mother at the age of six or even seven months. Consider this fact in conjunction with the first, namely, the absence of growth. Having no new tissue to form the only 'food' they require is such as shall be expended in the production of that energy which, as we have seen, is so freely dissipated in their constant climbings and racings to and fro. Fabre's hypothesis is that such energy is supplied by the sun's rays, and that the young of the Lycosa possess the rare power of directly converting those rays.

If this is true for one species, it would seem that sunshine gives to us something more than light and heat.

MUSIC BATHS

Take a music bath once or twice a week for a few seasons. You will find it is to the soul what a bath is to the body. Music elevates and tends to maintain the tone of one's mind. Seek, therefore, every clean opportunity for hearing it. Purchase some kind of an instrument for the home and see that its beneficent harmonies are often heard. Let music be as much a part of a day's routine as eating or reading or working.—Dr. Oliver Wendell Holmes.

ATOMS AND ELECTRONS.

Atoms are 300 millionth part of an inch in size, and there are 2000 electrons in the smallest of atoms of the hydrogen, the smallest ultra-microscopic infinitessimal residue of anything.

Music to the mind is as air to the body. —Plato.

REALIZATION

1.

When thy thoughts come forth in truth, love and power
In trial and tribulation,
Dos't thou not know, dear soul, it's thy glorious hour
Of a conscious realization?

2.

When to hear and heed the soul's still small voice
May mean thy transformation;
Then treat all deep thoughts as thy guests of choice
And conscious realization.

3.

Be silent, and list to that voice within—
The voice of consecration;
For to feel and unfold new thoughts—to win—
Is a conscious realization.

4.

When thou cans't see, and feel and serve above
Mere duty's expectation,
And act from faith, and joy, and purest love—
This is divine realization.

5.

To live the life of joy, and youth, and health
Without a limitation,
And create high thoughts from thy soul's great wealth,
Is a supreme realization.

6.

O! 'tis great to know, and know that we know
The soul's aspiration;
And to reap within us the thought once sown;
'Tis a conscious realization.

7.

When thy golden thread of high thoughts are spun
Into loving incarnation,
Dos't thou see thy soul's brightest rays of sun
In a divine realization?

8.

When the soul's trysting time for thee has come,
In the spirit's visitation,
Speak words of truth and love for victories won
Through a Divine realization.

E. J. Stevens.

SENSE VIBRATIONS

Through the law of development, we can register more and more vibrations. At present the average for the race consciousness for Sound is fourteen octaves; Taste averages several octaves; Smell averages several octaves. Some human beings can see Tone and hear Colors. Then there is the registering by Touch for distinguishing Colors. While all Colors possess their positives and negatives, black is the combination of all the negatives and the absorption of all the colors. White is the universally preferred color combination for it expresses a higher form of vibration. All colors that glow are positive.

ASTRAL AND ODIC FORCES

Abiding within your physical body, and related to your mental body, are strange races of beings, connected with the astral world. What, for example, causes the beating of your heart and the pumping of your blood? Your stomach and liver perform their functions, you say "automatically." What causes the breath of life to move in and out mysteriously? Get acquainted with the astral-psychic and odic forces, and learn they control every organ, every internal as well as external sense "far inside your body, where now your thoughts seldom venture."

Amazing facts relative to forms, sound, light, colors and harmonious success are explained in Vol. II of "Vibrations, Their Principles; Colors, Their Uses," now in preparation.

The light of knowledge is philosophic, and little, narrow, restricted knowledge is bigotted and hateful.—R. G. Ingersoll.

SLEEP AND REST

The author recently discovered by actual experimentation upon himself and then with a student by the name of J. F. Lynas, that when the nervous system is in a depleted condition the reclining position of the body elevated several feet above the floor surface, with the head and feet running north and south, brought a remarkably satisfactory result, particularly when there was a complete relaxation of body and mind. The non-tension of conscious brain-thought, when reclining, as stated above, brought undisturbed and restful sleep.

It is well to realize that a current of air passing through long, straight sea-island cotton is unobstructed and easily inhaled, whereas the short, choppy variety, as sold in drug stores of the hospital brand, is unsatisfactory as a vehicle for carrying the air current.

The principles as described above are also truly demonstrated when the line of least resistance is followed out in relation to the currents of life-renewing forces, when we place our inner or greater selves in tune with the harmonious rules of Mother Nature.

Another important recipe for putting a person at ease, as a preventive remedy to dis-ease, is going into repose, or what is less appropriately termed "going into the silence." The latter involves a negative condition, whereas repose involves a control and poise of the outer and inner forces. The formula is to focus the highest colored spiritual forces of the blue-to-violet triad upon the great brain centers of life, like the solar plexus, the thyroid and the pelvic brains, and suggest—if not advise—these auxiliary centers to co-operate in a quiet,inspirational way with the upper cranial brain of conscious thought. Great results will follow this very early morning practice, which should again be experienced at least once during the day time or a few minutes the last thing before retiring at night. We may go still further by lovingly requesting each vital organ and system, especially those negative conditions (error, inharmony, dis-ease, which involve twisting and short-circuiting vibrations) to co-operate in moving a little higher toward the brighter colors of clean, strong thought. Thus we can use the central light of intelligence, located at the solar plexus and reaching up to the top of the brain, after the fashion of a lighthouse station.

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ASTRAL AND ODIC FORCES

The purest and most beneficial magnetism is that which comes from the spiritual source, flowing naturally through the mental and loving natures, manifesting itself through a responsive physical nature in sympathy or tune with its spiritual source—which, in the last analysis, is the source of all magnetism.

MOTION AND MUSIC

Before Mother Eve's enchanting form and musical voice attracted her elder partner; long before the soaring sea gulls sang, while kissing the surface of the rolling ocean; long before the curtain of thought was drawn upon our young planet's stage of action; and, I reckon, long, long before the twinkling stars of our solar system held their first concert around our new moon; away back before the grey hairs appeared upon the hoary head of Father Time, the Love Nature of the great Spirit of Intelligence created the rhythm of life by implanting the color seeds of motion and music in the soul of all things. Music comes from the soul, and love is its nature. We hear it through the gentle falling rain; we hear it through the great ocean waves; we hear it from the tones of the wind whistling through the pines; we hear it through the rippling streams as well as from the surging surf and in the the peals of thunder; we hear music in the cooing of the dove as well as in the cackling of the mother hen. We hear it from a thousand musical instruments as well as from the nature-formed crystaline cave formation, for I heard its melodious tones of "Home, Sweet Home" in the world-famed crystaline pipe organ at Luray Caverns. I heard it in the great cathedrals of Europe. Who has not heard it in the laughter of children? I have heard it in the melodious songs of our Southern pickaninnies; I have heard it in the whip-poor will, the meadow lark, the cricket and the buzzing of bees; also the tenor tones of gentle lambs and the basso calls of the lion and the ox. From the tiny reeds and jews-harps of school-boy days as well as from the sweet singer of Israel's harp, the air vibrates with the tones of music. The human soul is an organ of a myriad notes. The man who has not music developed is unnatural, Skakespeare says; "he is fit for treason and spoils." Pope says "Music the fiercest grief can charm, music can soften pain." Without the music of love, there would be no Romeos and Juliets, for this charming vibration of music cheers the human, tames the animal and brings peace and joy to the weary soul. Let us, dear reader, keep in tune with the rhythm of the spheres.

RADIUM, THE GREAT RADIO-ACTIVE SUBSTANCE.

It is the product of its parent substance, uranium. Radium is ordinarily obtained, says the Geological Survey, "from the ores of hydrate sulphate, chloride or bromide." These white substances are in appearance similar to "common salt" or chalk. The author possesses a very small tube of this radio-active substance.

What makes the red sunsets? The red rays being the slowest moving bright colors, they disappear the last.

PRIMARY COLORS

The colors of the spectrum are given as seven—violet, indigo, blue, green, yellow, orange, red. These are frequently called primary colors, but in a stricter sense the primary octave colors are three in number, red, green and blue. These three colors cannot be resolved into any others, while a yellow ray, for instance, can be resolved into red and green, or can be produced by mingling a red and green light, consequently red is not now regarded by scientific men as a primary color. Inasmuch as a yellow and blue pigment will always produce green when mixed, red, yellow and blue may still be regarded in a sense as primary colors. In a scientific sense white and black are not considered colors. in short, there are three primary colors and seven colors in the spectrum.

MENTAL COLOR TREATMENT

"Mental treatment of the right sort is always beneficial and it can certainly greatly augment the good results accruing from a judicious employment of light and color; but this fact in no way invalidates the unimpeachable testimony of scientific experimentalists to the actual value of chromopathic treatment. It is very important to always bear in mind that the colors employed must be agreeable to patients or the best results will not follow their employment, because the human mind always largely influences results."

LIFE AND RELATIVITY

The "little" atom world is within its mighty cell, and within the encircling world-atom are thousands of electrons moving at relatively great distances apart in an amazingly intelligent manner, representing life's divine forces as individualizing and manifesting in cell intelligence. Life must surely be the intelligent dance of the electrons.

GREEN LEAVES AND GRASSES

Grass and leaves are green because of their chlorophyl, which has the property of absorbing red rays and of reflecting the yellow and blue, which mixes and produces green.

VIBRATIONS OF LIGHT

Think love, eat love, drink love, breathe love, feel love, and be love; for it is the origin, the source and substance of all Life, and Light and Color.

WORLD'S FAIR RECOGNITION

San Francisco, Calif., Jan. 2, 1916.

E. J. Stevens, M. S., Ph. D.,
Stevens Health Inventions Co.
Pacific Coast Headquarters, 212 Stockton Street, City.

Dear Dr. Stevens:—

Now that the Panama-Pacific International Exposition has closed its gates, I personally wish to express to you how grateful I am at having your Company as an exhibitor. Your splendid exhibit has proven a source of interest and benefit to thousands of visitors, and has materially aided in the great success this Exposition has enjoyed.

The interest manifested in your display which we have had the honor to house in this Palace, has brought many flattering remarks, and it is firms like yours that have made possible the wonderful success of the Department of Liberal Arts.

Permit me to further express my warm appreciation of the courteous manner in which your exhibit has been conducted, which is a credit not only to your manager and staff of nurses, but also to the foresight and judgment which first prompted you to exhibit at the Exposition.

Wishing you continued success,

Yours truly,

(Signed) THEODORE HARDEE,
Chief of Liberal Arts.

N. B.—This letter was followed by a handsomely engraved diploma, signed by President Moore and his staff, accompanied by an engraved gold medal awarded for "Personal Services Rendered," in daily lecturing, treating and healing thousands of people gratuitously for six months. This was quite distinct from the fifteen highest medal awards for the fifteen Stevens Scientific and Health Inventions. A staff of seven nurse aids were engaged daily at our free clinics given at this exhibit, and where balsam supplies were served out. Three hundred lectures were delivered on the Psychology of Health, Beauty and Happiness by the author.

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THE BLUE SKY, OCEAN AND LAKES

The white sun-light falls upon the earth and is reflected back again to the sun; as it penetrates the atmosphere portions of it are again returned to the earth. A polarization of light is produced by this double reflection, which imparts to our vison the motion represented as blue. The ocean and lakes are blue because of their reflecting nature.

"LET THERE BE LIGHT"

_____ *has successfully completed the prescribed scientific and practical course of study in the Stevens Human Development System, including Human Analysis, Color Psychology, Electro-Magnetic and Color Applications*

STEVENS HEALTH INVENTION CO. INC. INCORPORATED MARCH 1917 SAN FRANCISCO, CAL.

DIPLOMA

We therefore recommend _____ *to the public, as a graduate of said Institute and System.*

In Witness Thereof, *we herewith affix our signatures the* _____ *day of* _____ *in the year A. D. 192*

_____

A PROFESSIONAL EVIDENCE OF KNOWLEDGE AND EFFICIENCY

The above is a fac-simile, in miniature form, of the diploma issued to the students of the E. J. Stevens Light and Color Institute and Research Studios of San Francisco, Calif., who complete the prescribed course and are competent to practice the art of Color Applications, Zone Therapeutics, and other Natural Methods.

SIXTEEN QUALIFICATIONS

For E. J. Stevens Issuing a Certificate or Diploma to Special Course Students at the Stevens Light and Color Institute.

1.—Researcher, writer, instructor, inventor.

2.—Received two diplomas and one certificate and the highest world awards on fifteen scientific and health inventions at the Panama-Pacific International Exposition, San Francisco.

3.—Delivered over 200 lectures on scientific and health topics in 1915.

4.—Three highest international awards on fifteen scientific and health instruments and outfits.

5.—Held over 100 public demonstrating exhibits in three continents on health of body and mind.

6.—Was on Faculty as instructor, Department of Science at the Bible College, Philadelphia.

7.—Instructor in physical culture department at and received a certificate in the Battle Creek Sanitarium.

8.—Won three national records for deep breathing and development of lung capacity.

9.—Received medals and certificates of praise from the American Institute of Awards and the International Inventors' Organization.

10.—Have college and university diplomas.

11.—Taken 10 courses within ten years on various branches of science and psychology.

12.—Sent with a selected party to Europe for one year to teach health principles, etc., by the Battle Creek Sanitarium.

13.—Completed Professor Milliken's special Electronic Course at the University of California.

14.—Completed Baron Ferson's two courses on the laws of vibrations and healing.

15.—President and Manager of the Stevens Light and Color Institute and the Stevens Health Inventions Company, which was incorporated under the Blue Sky laws of California.

16.—Vice President of the Bidd'e Physical Culture organization of about 200,000 men.

APPENDIX

INTRODUCTORY

The writer became interested in Colors while in the Southland, at Lily Dale, our Virginian homestead; and as a student in Oil Painting; and as a graduating student in Bacteriology under Paul Paquin of the Pasteur Institnte, who was an associate scientist of Pasteur in Paris; in studying Music and Harmony; and in Color Therapeutics in connection with the private research laboratory of the Stevens Light and Color Institute, and at his time I find a great and growing demand for Light and Color knowledge by students of all branches of science, religion and art, and in fact by all thinking people regardless of school of science or religion.

In Vol. II, "Vibrations, Their Principles; Light and Colors, Their Uses," several chapters are devoted to the Spectrum Analysis, Incandescent, Solids and Terrestial and Celestial Chemistry, the Ultra Rays and Radio-activity, Solar and Stellar Color Influences on Human Life, etc., the Solar System within us, Use of the Prism, the Spectroscope, etc. Still other chapters of great interest and practical value to progressing students will be treated.

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MY JUNE, 1921, VISIT TO LUTHER BURBANK

(I Had Previously Visited His Gardens)

As I consider Luther Burbank to be at least one of the foremost authorities on Vibrations, Lights and Colors, the following practical information will not be amiss in this Appendix, which is a result of Mr. Burbank's personal invitation to the writer.

The meeting of the world's greatest living benefactor and renowned scientist, Luther Burbank, at his private residence in a personal way, was not simply valuable from the standpoint of making his acquaintance, but the results of such a meeting with a special object in view—relative to desired information on Light and Colors—was and is greatly appreciated by the author.

I am more than grateful for valuable points of scientific interest secured June 20, 1921, while on the long-desired meeting with Luther Burbank, and to have him personally show me over his modern Garden of Eden.

Luther Burbank is a household name throughout the civilized world, because of his wonderful creations—the Burbank Potatoes; the Burbank new Plums; the Burbank Cactus Plant Food and Cactus Fruits; the Stoneless Prunes; the Primus Berry; the Spineless Cactus; the large, different colored, luscious Loganberries; Burbank Red Tomato (earliest, largest, smoothest); Burbank Sunberry; Burbank Hybrid Lemon Cucumbers (white and green); Burbank Giant Sunflower; Burbank Elephant Garlic-Onion; Burbank Giant Hybrid Artichoke; the Burbank Tiger Lily; Burbank Poppies of assorted colors; Burbank Giant Primrose ("as large as a handkerchief"); Burbank Giant Dahlias-Zimmiar; also many grasses, grains, shrubs, trees and nuts. The Burbank Walnut, a hybrid between a light colored English Walnut and what is known as the Black American Walnut, the trees of which are raised primarily for their lumber. Mr. Burbank informed the writer that the trees were very valuable. He had recently received orders for ten million small trees from the Southwest and that the demand for years was greater than he could supply. The growth of this walnut is very much faster than the uncivilized walnut tree. We were also shown the gigantic Shasta Daisies and many other marvelous Burbank productions. Mr. Burbank informed the writer that he was at this particular time experimenting with 6000 selections in his Santa Rosa gardens and Sonoma farms.

At his Sebastopol farms are his cultures of trees, shrubs, grasses and grains; here you will find the large, luscious Loquats, the Brambles, the California Currants, the Aaron Herbs and many others, representing all the colors of the rainbow. Last but not least will mention here, that while it took hundreds of years for the Indians to develop from the wild grass of the plains the white and yellow grains of corn by crude cultivation, the wizard Burbank has developed the teosinte grass seeds, by careful and successful cultivation through the marvelously short period of eighteen years (commencing in the year 1903), the present prodigious golden grains of corn. We surely live in the age of miracles.

While at his residence, the principles of Light and Color were explained in connection with large varieties of flowers photographed in color. He gently reminded his visitor that his photo color artist had recently received a million dollars for his color photograph invention. After a most delightful stay at the Burbank home, this master of Nature escorted the writer and a student friend over his gardens. He described the various colored cactus flowers and fruits, which were ripening in his field of cactus bushes, several of which he presented to me to send to my sisters, who live in Battle Creek and Boston, the seeds of which they could forward to my brothers residing in Virginia, North Carolina and New York State. Before Mr. Burbank had plucked these fine specimens of his most evolved and what he termed "civilized" cactus fruit, he very kindly served us with a cactus-fruit refreshment. After basking in the beauties of his flower, seed and vegetable gardens, we returned to one of the garden houses, where Mr. Burbank polished the choice specimens of red and orange-

pink cactus fruits and then prepared the can-package for mailing to my sisters. There was also a sample of the spineless cactus-fruit, not yet fully evolved, a fruit with a remnant of almost invisible prickly points, and as some of these stuck into our fingers the good Samaritan—Mr. Burbank—came to our aid with his vest-pocket supply of sandpaper. He said: "No one knows how many nights for many years I have stayed awake, hours at a time, sandpapering the tiny burrs from my hands." We then visited the seed-mailing and tool department and received samples of the Burbank Garlic-Onion, after which we returned to his residence.

BURBANK'S LIFE VIBRATIONS—YOUTH AND FRIENDS

While in conversation relative to his wonderful spectra-colored productions of trees, vegetables, fruits and flowers, Mr. Burbank remarked that as everything is connected with vibrations, he had studied closely the principles and laws of light and colors for a number of years, in fact, ever since he came to California ("land of flowers"), nearly forty years ago, a State which has given him the encouragement to enjoy an out-of-door, healthy life the year around. He came from the East suffering from poor health when he was a young man under forty years of age. Since that time he has had the best of health and continues to enjoy activity of body as well as mind. He is still too active to be stout, and talks like he walks—in a deliberate and poised manner. Although seventy-five this year, he demonstrated his agility to the author in his spacious parlor by going through some physical culture exercises, among which he turned several complete somersaults, backward and forward, in a manner as graceful and active as a modern university "gym" student. He surely has not allowed the old-age dis-ease ("error") germ to take possession of him. Mr. Burbank spoke in the highest terms of our mutual friends in the human development and natural health lines—Dr. J. H. Kellogg of Battle Creek, Mich., and Paul Von Boeckman of New York City. The former had paid him several race betterment and social visits, and the latter he knew through correspondence. He also referred to the visits of his great friend, Edison, who was his guest for several days during the Panama-Pacific International Exposition. We were shown the framed photograph of "Nature's two foremost Natural Scientists"—Edison and Burbank—as they were photographed with their two wonderful heads touching in a friendly and graceful manner. This large portrait hung on his library wall, above his private desk.

Before leaving the residence of Mr. Burbank, he handed the writer a token of his friendship in the form of a couple of his smaller literary productions, and on the front page of one he wrote (no doubt as a courteous result of reading the author's "California, the Super-Empire," by a Virginian) the following sincere and reiterated statement:

"June 20, 1921.
Santa Rosa.

Dear Dr. Stevens:—

I would rather live on a piece of land the size of a graveyard lot in California, than to own any other STATE in the Union."

LUTHER BURBANK.

In reply to my request that I would like to use this written statement, particularly in my forthcoming "History of California in Verse," he stated he had no objection.

BURBANK'S REMARKABLE COLOR-CHANGING EXPERIMENTS

The reader has, no doubt, witnessed the change of color in the eyes of some individuals, and how in an instant certain reptiles have the power to change the color-radiance on the surface of their skins—the chameleon, for example. The same forces of thought—or should we call it instinct?—are at work within the plant life. On June 20th, 1921, Luther Burbank showed the author, in his experimental gardens in Santa Rosa, how he could immediately produce inflammation, or an angry red color, by shocking a certain variety of his "civilizing" cactus, by dashing cold water over these desert nature plants. He called the author's special attention to the fact that some of these particular species could "blush" more than others and would respond to the effect of cold water vibration quicker than did those of a more matured and older cactus.

In the larger field of cactus referred to previously, which he was developing, he showed three prominent varieties, containing large, edible cactus fruit of three different colors—orange, yellow and ruby red. Mr. Burbank remarked to the author that the cactus fruit upon which he has been working for 35 years, together with some of his other experiments, have cost him half a million dollars. He mentioned the fact that the yellow or yellowish red varieties had been found unusually fine as laxatives. The fruit is not only very nourishing and enjoyable, but par excellence as an acid antidote. He related as an example how a judge, who was suffering very severely with acidosis, was unable to hold court. The judge seemed to have had an idea that the cactus fruit, not being acid, might strengthen him if he ate of it. He did partake of a portion and noticed almost instantaneous relief, so much so that he was enabled to continue court proceedings with tranquility of mind and body. Mr. Burbank continued: "I find this to be true of those who are taking it to neutralize the acid conditions of the alimentary tract."

I trust the readers of this page will spread this information, together with that of the experiments the writer made with the use of the electric light blue-to-violet or even the

light yellow colored glass globes for relieving acid conditions. See chapter in my "Vibrations, Their Principles; Light and Colors, Their Uses," Vol. I, on my experiments.

COLOR THOUGHTS AND FORMS

Taken From Luther Burbank's "Fundamental Principles of Plant Breeding," Written Among the Heights of the Sierras.

We have more lately discovered that no two plants are ever exactly alike, each one having its own individuality, and that new varieties have endowments of priceless value, and even distinct new species can be produced by the plant breeder with the same precision that machinery for locomotion and other useful purposes are produced by the mechanic.

Plant-breeding is in its earliest infancy. Its possibilities, and even its fundamental principles, are understood but by few; in the past it has been mostly dabbling with tremendous forces, which have been only partially appreciated, and it has yet to approach the precision which we expect in the handling of steam or electricity. And, notwithstanding the occasional sneers of the ignorant, these silent forces, embodied in plant-life, have yet a part to play in the regeneration of the race, which by comparison will dwarf into insignificance the services which steam and electricity have so far given.

The results now secured by the breeder will be in proportion to the accuracy and intensity of selection, and the length of time they are applied. By these means the best of fruits, grains, nuts and flowers are capable of still further improvements in ways which to the thoughtless often seem unnecessary, irrelevant, or impossible.

The plant-breeder is an explorer into the Infinite. He will have "No time to make money," and his castle—the brain—must be clear and alert in throwing aside fossil ideas and rapidly replacing them with living, throbbing thought followed by action. Then, and not till then, shall he create marvels of beauty, and value must be produced by the intelligent application of the forces of Nature which are always awaiting our commands.

And who can estimate the elevating and refining influence and moral value of flowers, with all their graceful forms and bewitching shades and combinations of colors and exquisitely varied perfumes? These silent influences are unconsciously felt even by those who do not appreciate them consciously, and thus, with better and still better fruits, nuts, grains and flowers, will the earth be transformed, men's thoughts turned from the base, destructive forces into the nobler productive ones, which will lift him to higher planes of action toward that happy day when man shall offer his brother man, not bullets and bayonets, but richer grains, better fruits and fairer flowers.

Science sees better grains, nuts, fruits and vegetables, all in new forms, sizes, colors

and insect pests; fruits without stones, seeds or spines; better fibre, tea, sugar, and flavors, with more nutrients and less waste, and with every injurious and poisonous quality eliminated, and with power to resist sun, wind, rain, frost and destructive fungus, spice, rubber, oil, paper and timber trees, and sugar, starch, color and perfume plants. Every one of these, and ten thousand more, are within the reach of the most ordinary skill in plant-breeding.

Among these dizzy heights of rock, ice-cleft, glacier-plowed and water-worn, we stand face to face with the first and latest pages of world creation, for now we see also tender and beautiful flowers, adding grace of form and color to the grisly walls, and far away down the slopes stand the giant trees, oldest of all living things, embracing all human history; but even their lives are but a watch-tick since the stars first shone on these barren rocks, before the evolutive forces had so gloriously transfigured the face of our planet home.

THOU SHALT NOT KILL

The author asked Luther Burbank how he found time to write books, as well as to keep up with his manifold experimentations. He quickly replied that he used up his scraps of time while he was traveling and while he was going to and from work. He added that whenever an inspirational thought came to him he jotted it down on any scrap of paper he could find, after which these scraps of writing were transcribed by his secretary. The higher lights and colors of intelligence unfold, develop and grow by this method of patronizing the golden grains of opportunity, which, perhaps, ninety-nine out of every hundred lose, by killing their best friend—"Time."

ACKNOWLEDGEMENT OF SISTER'S CACTUS-FRUIT PRESENT FROM LUTHER BURBANK

51 Queensbury St., Boston, Mass.,
June 29, 1921.

Dearest Ernest:

The parcel post package, containing the cactus (spineless) fruit received, and I hasten to tell you that it has a wonderful flavor, and the coloring is beautiful. It is juicy and refreshing on a hot day. Am forwarding the seeds to Virginia.

Your visit to Luther Burbank will be an inspiration to your work (research), as there is so much in common between you. Affectionately,

EDITH.

SUPER-AFFIRMATIONS

I believe in Humanity.
I believe in the God of Love.
I believe in the Divine Intelligence.
I believe in the Old and New Bibles.
I believe in the School of Intuition.
I believe in the Book of Life.
I believe in the Book of Nature.
I believe in the Universal Bible.
I believe in my Greater Inner Self.
I believe in an Aristocracy of Intelligence.
I believe I am an Evolving Superman.
I believe I am an Optimistic Pessimist.
I believe I am a Son of God and a Sun of Intelligence.
I believe in doing my own Thinking.
I believe I can be what I want to be as an advancing Soul.
I believe there is Intelligence of some sort in all Living Things.
I would rather be a dean in the University of Intuitive Intelligence than be the president of the world's greatest university.
I believe in working for Godliness and enjoying the Heaven within.
I am the likeness of God. I will find the God Within as well as Without.
I am Health, Love and Eternal Youth.
I believe that Expression deepens Impression.
I believe Love is the inventor and creator of all things.
I believe that individuality comes from the holy of holies within the human soul, and this is found by traveling on the royal road of self-expression and service.

———o———

SCIENCE OF LINES AND FORMS

Pythagorus believed in the vibratory science of lines and numbers. All lines are formed by certain thought forms, which must have been moulded from a certain intelligence; but remember that the lines of the heart and hand are of greater significance than the lines of your hands or palms or the bumps on your head.

———o———

Cleanliness is more than "next to Godliness," for it is Godliness. Perspiration, Respiration and Elimination, with clean thoughts, spells CLEANLINESS AND HEALTH.

SOURCES OF MUSIC, VERSE AND INVENTION

In the rich and sacred soil of the human soul, the spiritual intelligence produces the flowers of pure music, true poetry, and good inventions, together with all the choice fruits of a great friendship, which are ripened and sweetened by a sunny disposition. The soul is the Garden of Sweet Song, the poet's trysting corner and the artist's odyllic studio. Silence is the gardener, and sacred silence, so close to Nature, is the parent of inspiration as conceived in friendship's womb and nourished by tone and sympathy.

ZONE THERAPY COLOR PRESCRIPTIONS FOR THE NERVES

Red and pink—Nerve stimulating.
Orange—Nerve animating.
Yellow (sun color)—Nerve relaxing.
Blue and violet—Nerve soothing.
N. B.—Use the pure or true colors.—E. J. S.

PERPETUAL MOTION

We should realize and appreciate the fact that every thing is, more or less, in motion. This is true with the non-material—the mental and spiritual—as well as the material things of life. Although the sages of old informed us that every thing is in "flux," yet it has only been of recent date that this knowledge has been generally accepted by intelligent people.

ZONES FOR RELAXATION OF MOTION

By reclining and crossing the feet and bringing the hands together over the breast, or otherwise bringing the toes together and entwining the fingers with the two embraced hands placed behind the head, will induce relaxation and secure rest—from outer vibrations..

Grow youth cells by always thinking of life in terms of youth and by avoiding risky and doubtful associations.

Creative radio-activity comes from the love-life radiating the spiritual urge.

APPENDIX II

ZONE THERAPEUTICS

BREATHING VIBRATIONS, OR SCIENTIFIC BREATHING LESSONS

For Use With or Without a Spirometer or the Stevens Breath Controller

How can the art of breathing be mastered in the least time and with the least difficulty? The solution of this question will be found in the following pages.

The first requirement for correct breathing and lung development is the proper carriage of the body. This is rare. The great majority of the people have more or less bent spines and undeveloped lungs, and consequently they cannot possibly breathe correctly. The exercises given herewith, if perseveringly practiced, are sufficient for the acquirement of proper carriage, normal lung development and proper breathing, with all their attendant benefits. They have been specially prepared for this book by an expert, who was instructor at the largest health university on this planet—the Battle Creek Sanitarium—and are made as few in number and as simple as possible. It is not by practicing a large variety of exercises, but by assiduous work with a few properly selected movements that the desired results are to be attained.

For the rapid development of the lungs, exercises and testing with the Breath Controller are of the greatest value. With this appliance more can be accomplished in one month than could be gained in three without it.

This Controller is a device for exercising the throat and lung muscles in particular and all of the muscles of the body in general, through breathing and measuring the amount of air which can be taken into and exhaled from the lungs.

The following exercises have proven of greatest value in a wide range of ignorant or erroneous conditions, from the girl who has "bones" in her chest to the man with the waxy pallor, the shrunken chest and the hacking cough, or those susceptible to catching colds or for weak or small lungs.

LESSON ONE.

EXERCISE No. 1.—Stand erect, heels together, toes out. Bend forward, and, without raising heels or allowing knees to bend, try to touch the toes with the finger tips.

You will not at first be able to reach the toes with the finger tips, but it is not necessary that you should. The effort to do so will stretch the shortened ligaments and conduce to the correct position.

EXERCISE No. 2.—Stand erect, knees, hips and chin back, chest raised. Without lifting heels, sway the body forward until the weight is on the balls of the feet. Then take a full breath, and, with head thrown back, raise the arms, palms forward, and stretch the whole body upward and forward, as if you were trying to reach the ceiling.

EXERCISE No. 3.—Stand erect, feet about twelve inches apart. Take weight upon right foot, extend right hand upward, palm outward. Now take full breath, raise left foot from floor and stretch, trying to increase the distance between the right hand and left foot.

EXERCISE No. 4.—This is the reverse of No. 3. Take weight on left foot, raise left hand and stretch as in previous exercise.

EXERCISE No. 5.—Stand with right foot in advance as if taking a step. Take full breath. Then, raising right hand toward ceiling, palms forward, lift the left foot from the the floor and stretch upward and forward.

EXERCISE No. 6.—Reverse of No. 5.

LESSON TWO

Breathing Is the Most Important Physical Exercise

EXERCISE No. 7.—Stand as in Exercise No. 5, right foot in advance. Then, with weight on left foot, raise left arm up and backward, palm forward, lift right foot and stretch.

The stretching exercise should always be followed by an exercise for relaxation. The best for general purposes is the following:

EXERCISE No. 8.—Stand with feet well apart, whole body relaxed, arms hanging loosely. Now shake the body, only gently, using the least possible muscular exertion, until conscious of a feeling of general muscular relaxation and restfulness. This exercise may be varied by walking about, allowing the whole body to sway and sag, as if deeply intoxicated. This exercise, besides being a corrective of the tension liable to result from the stretching and reaching exercises, is always restful, and frequently will relieve insomnia.

EXERCISE No. 9.—Stand with feet together, hands gently clasped over abdomen. Inhale breath. Now, bend forward toward the floor, and at the same time allow the breath to escape. After the breath is all out, rise to the erect position, at the same time inhaling full breath. Repeat from four to eight times.

EXERCISE No. 10.—Stand with feet together, arms extended straight at sides, palms forward. Now, keeping arms in the same position, slowly turn the body as on a pivot forward the right as far as possible, until the muscles of the trunk are firmly stretched. Then re-

verse the movement, turning toward the left as far around as possible. This is an incomparable exercise for imparting strength to the muscles of the abdominal region and small of the back.

It may be remarked in connection with these exercises, that many of those distressing disorders peculiar to civilized womankind may be benefited by a properly adapted course of stretching, posing and breathing gymnastics.

LESSON THREE

With a Spirometer or the Stevens Breath Controller

BREATHING EXERCISE No. 1.—Stand erect,head and chest up,weight on balls of feet. Take the tube of the Controller between the lips. Now, inhale gently through the nose until the lungs are full of air. Then, without holding the breath, exhale steadily through the tube. Make a memorandum of the point on the dial at which the hand stops. This indicates the number of cubic inches of air which can be taken into and exhaled from the lungs. With most people it will be small at first. Gradually, as the lungs increase in power and capacity, the hand on the dial will register more and more, increasing a few inches each day until the normal is reached. By this time the bent figure has straightened up, the muddy skin is clearer, the eyes brighter, the voice has an accustomed resonance, fits of depression, nervousness and langour disappear, and the individual knows an entirely new sense of energy and health.

BREATHING EXERCISE No. 2.—Sit erect in an ordinary straight-backed chair, head back, chest raised, spine straight. Now take the mouthpiece of the Stevens Breath Controller between the lips and, with hands on the abdomen, inhale gently through the nose as in the preceding exercise. Note that first the waist and then the chest enlarges. As soon as the full capacity of the lungs has been reached, exhale with the same gentleness through the Controller and notice that first the chest, then the sides and back and lastly the abdomen sinks. This is the normal breathing movement. It may be observed in animals and young children and in perfectly healthy adults.

BREATHING EXERCISE No. 3.—Stand erect, feet together, weight forward. Place the mouthpiece of the Breath Controller between the lips and the hand upon the abdomen. Now inhale slowly through the nose and hold the breath by closing the throat (as in pronouncing the word "ache"). Then, still holding the breath, lift the abdomen, reducing the size of the waist and forcing the air into the chest. Then allow the diaphragm and abdominal muscles to descend. Repeat this several times. Then slowly and steadily exhale through the Breath Controller.

BREATHING EXERCISE No. 4. Stand erect, weight forward, head back, chest up, arms hanging easily. Place the mouthpiece of the Breath Controller between the lips and

take full, gentle inspiration, allowing first the abdomen and then the sides and chest to be filled by the inhaled air. Exhale in the same manner, occasionally testing the correctness of the action by placing one hand upon the chest and the other upon the abdomen, remembering that the first air inhaled should expand the waist.

BREATHING EXERCISE No. 5.—Stand erect, as in the preceding exercise. Now, inhale very slowly until the full capacity of the lungs is reached, then gently exhale to the sound of sh as in the word "hush." This exercise is particularly valuable in the treatment of stuttering, stammering or huskiness of voice.

These exercises should at first be practiced very gently, and should not be allowed to extend over five minutes at a time. If practiced as directed, the inevitable result will be increase in the chest development and activity, and consequent health, strength and vitality.

HEALING AIR BATH VIBRATIONS

It is an accepted fact by intelligent people that the light and air baths are the most important of any class of baths for the health and comfort of an individual, and it is conceded by Science and Health Instructors and Healers that "fresh," i. e., pure air (including light and, of course, the influence of a cheerful and willing mind) is Nature's method of cleansing and purifying the outer surface and the inner and outer passages of the human body, thus preventing and relieving ("curing") a long list of "ailments," errors or irregularities. This is the natural means by which the dirt and germs can be removed from the respiratory tract and the invisible air cells. Physicians and healers send their patients to the balsam or pine forests, where they build sanitariums. We can now secure and use the world's best balsams at home, using the ever-ready air as a vehicle, as well as a dilutant, to carry (inhale) and mix with Nature's finest healing and life-vitalizing products.

We all inhale dust and germs. Healthy tissue in active and regular use rejects and ejects them, but unused parts and cells furnish a favorable culture field for the enterprising catarrh or la grippe bacillus, which loses no time in starting a colony. Those who are accustomed to robust exercise out-of-doors develop sound and roomy breathing apparatus. To confine such persons to the house or to poorly ventilated halls, and make them sedentary in their habits, results almost invariably in a retrograde movement, which too often ends in stomach troubles from lack of oxygen and exercise, colds, catarrh, bronchitis, and even tuberculosis.

Some day pneumonia may affect a portion of your lungs. It may be the only part capable of being used. The rest may have become atrophied by non-use. What are you going to do? Are you going to do just the same as thousands before you have done, die

for want of air? Die, perhaps, in one of the stages of congestion? Die, because of the active parts of the lungs being affected and the non-active, negative parts being unable to do their work?

The secret of Good Health and Youth is to live each day so as to prevent the possibility of the beginnings of disease. DO NOT WAIT UNTIL you lose your most priceless possession—perfect health—before attempting to give it attention. Seek to actualize the wisdom of that formula, "an ounce of prevention is worth a pound of cure." Prepare to-day and begin now to increase your bank account of good health and youthful spirits by becoming an apt, alert student in the University of Nature. Don't draw on your health capital, when doing extra work of any sort, but instead on your bank of super-health interest, which Mother Nature generously offers. Prepare by increasing and maintaining perfect health every day.

Inhalation of the balmy balsam vapor is Nature's gift to relieve those who need help as a preventive against diseases of the air passages and for the purification of the blood.

BREATHING AND BALSAM THERAPY

The Breathing and Balsam Therapy branch of Science and Nature is the mutual meeting ground of all Scientists, Naturalists, New Thoughters, Christian Therapeutists, Theosophists and all "Advanced Thinkers"—for all advocate purified air, the natural ozone "Breath of Life."

CLEANLINESS IS GODLINESS. Why should the sufferer be compelled to go to the balsam forests to bathe in pine air in order to be relieved, when he can at last secure and inhale Nature's cleansing, clearing, stimulating and protecting "ozone balsam" air baths at home, at almost no expense and with no loss of valuable time? In other words, "Bring the mountain to Mahomet." The long list of catarrhal conditions are now readily curable.

NATURE'S BALSAM AIR BATH INHALATIONS. Every step in the progress of the treatment of the air passages has approached nearer to Nature, till at this time you can claim a perfectly natural as well as a scientific "aid to Nature" method in accordance with Nature's law, and at infinitely less expense than being forced to live at or near a "health resort up in the pines."

SANITARIUMS situated in ozonized or balsamized fields and woods are ideal for those having sufficient funds, and who can keep from worrying about city duties, but how few of this type! Proper diet, rest, sunshine or light and patience, are essential to a more rapid recovery, particularly in tuberculosis. The small sized Balsam Nebulizers and the Sanitarium Balsam Vaporizers (see page 37 of this volume), with a good supply

of the highest awarded gold medal balsam extracts, may be secured from the STEVENS HEALTH INVENTIONS CO. of Philadelphia and San Francisco, or through their sanitarium representatives, as low as, respectively, $5.50 and $3.30, and for larger outfits higher prices. Remember, the BEST is the cheapest.

These HOME SANITARIUMS.—The Stevens Nebulizer, with air pump or hand bulb, as well as the Stevens Balsam Pocket Vaporizer, received the Highest Award, at the Panama-Pacific International Exposition, and (previously) at The American Institute of Awards and at the International Inventors' Exposition. The writer also received these awards for his comfortable Oil Internal Bath and Breath Controller, and at the Panama-International Exposition on the exhibited Electric Light Bath Cabinets.

For further information on these inventions, or on the Stevens Electric Light and Color Baths or Appliances, write

THE STEVENS LIGHT AND COLOR INSTITUTE, or
THE STEVENS HEALTH INVENTIONS CO.,
Pacific Coast Branch, 212 Stockton Street, San Francisco, Calif.

ZONERTHERAPY

Zonertherapy is a convenient compound term which means the healing or constructive and reconstructive science of vibrations in sympathy with the zones or divisions of the human body. The rhythm of the breath, together with exercise, are of paramount importance. Thus the author lays the greatest stress on this human requisite.

NATURE'S PENDULUM

It is as natural to stretch as to relax, to impress as to express, to "reach out" as to "let go," to stimulate as to depress, for thus the rhythm of life keeps us alive, and fresh, and strong and young.

Sunshine makes songsters and singers and smiles. These and the other sweet fruits are produced by a sunny, clear atmosphere.

"There is no knowledge greater than music."—An Ancient East Indian Axiom.

Are you alive to the marvelous possibilities awaiting YOUR command?

ANNOUNCEMENT

Electronic Science of the Electro-Magnetic Forces and How Dis-ease ("errors") Are Being Diagnosed and Cured, by Changing the Rates of Vibrations, will be the subject matter of several chapters in my forthcoming Vol. II of "Vibrations, Their Principles; Light and Colors, Their Uses," now in preparation.

Throughout the civilized world, physicists, naturalists and healers are becoming awakened to the tremendous potentialities for curing irregularities of the mental and physical bodies and for building new cells of youth and energy by the application of higher rates and higher octaves of vibrations. We are surely on the eve of startling and revolutionary disclosures along the line of electro-magnetic vibrations.

There is a section in Vol. II on Zones and Polarization, Zone Therapy, Air and Breath Forces.

E. J. STEVENS, M. S., Ph. D.

——AUTHOR OF——

"Breath Power"	$ .50
"Human Nature"	.50
"Realms of Bliss"	.50
"California, The Super-Empire" (A Poem), illustrated, placque with gold cord	1.00
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"Long Life in California" (Book on Health and Youth), by Dr. Thrasher	1.25

Any of the above publications will be sent postpaid on receipt of price.

THE E. J. STEVENS PUBLISHING CO.,
212 Stockton Street, San Francisco, Calif.

Memoranda

DR. WESLEY M. BARRETT
PARLOR H. ALEXANDRIA HOTEL
LOS ANGELES, CAL.

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Whose co-operative thoughtfulness inspired them to review in part or toto this book.

MARVELOUS ODIC AND AURIC LIGHT EXPERIENCES

The author, who has thoroughly enjoyed many marvelous and intensely interesting seasons of Odic Light and Color experiments, will continue to experiment and take data along the Odyllic lines of investigation and research, and will secure valuable information from others who have cultivated the inner and higher sense of Sight, as, for example, the following statement written by our mystic friend, F. J. Darrah, for the first time and especially for this book:

Los Angeles, Cal., Oct. 10, 1921.

My Dear Doctor Stevens:—

I thank you for the privilege, so courteously vouchsafed unto me, of scanning in advance the proof sheets of your informative book on "Vibrations, Lights and Colors." I return same to you herewith and extend to you my sincere congratulations upon your successful accomplishment of a well-nigh perfect work along its own distinctively peculiar lines.

The varied phenomena of Light and Color, in correlation with Sound and Number, have for many years compelled my profound interest; and the concentrated focus of that interest lies (strange to say) within the domain of the Odic, the Odyllic, the Auric and the Magnetic Light. Choose from among these terms the one that suits you best; for in the last resort they are synonyms, referring in this connection to that specific effluence or emanation flowing from any form of whatsoever kind in which the constructive power, the cohesive principle of Creative Potency is actively in operation. One of the crudest and most easily observable manifestation of the Odyllic Light is to be found in the dim radiance emitted by a horseshoe magnet. There are many persons who can, under the proper condition, clearly see that light with the unaided physical eye, as witnessed by the testimony of Mesmer, Baron Von Reichenback, Prof. Sir Wm. Crookes, Prof. Babbitt and others.

But an ability to perceive the same kind of light as is seen from growing vegetable forms, from animals, from human beings and even from, at least some, so called inanimate objects appears to be possessed by very few persons indeed.

I speak now of unaided PHYSICAL and not CLAIRVOYANT vision. Some twenty odd years ago I quite accidentally became aware of possessing that (so to speak) EXTENSION of the visual sense myself, and from the date of that unsought revelation down to the present day I have been and now am able to consciously utilize the gift, if such it be, but only at certain times and under definitely specific circumstances. These conditions are, however, not exacting or hard to comply with; all that is required is that the object under observation, for instance a tree, be visible clearly and distinctly outlined against a

cloudless sky at that moment when the evening afterglow begins to merge into twilight. Viewed under such conditions I see the tree enveloped in flame—a spiral cone of efflourescent light, the diameter of its circular base extending a trifle beyond the furthest reach of the tree's roots and symmetrically tapering thence to a point slightly above the uppermost tuft of foliage. A rhythmic, ascensive spiral movement pervades the entire body of the cone of light, and instead of a supposedly inanimate tree I behold "a winged spirit instinct with Life."

An inspiring, wondrously beautiful sight is this, well worthy of more detailed description. But I forbear in order that I may briefly touch upon another and far more interesting phase of Odyllic manifestation, to the perception of which there is required the exercise of trained clairvoyant faculties. You will kindly pardon me for again drawing upon my own personal experience. Careful, painstaking research has convinced me that, as before stated, every object in the visible world emits an Odic light. A long series of experimentation in these matters has likewise fully persuaded me that each species of mineral, vegeable, animal and human life has its own distinctive color of the one same primordial Odic (or Magnetic) Efflourescense (or Light). It further appears that the marked differentiation and divergence of structural form, as also of essential quality and inherent essence is primarily and fundamentally due to a synchronous adjustment of the respective rates of vibration of NUMBER and of SOUND and that color is the index to or key of such adjusted two-fold vibratory ratio. I verily believe that Number, Sound and Color, operating in unison in and through the "Aether," constitute the Triadic Potency that will eventually, when fully understood, rule absolutely the powers and principalities of Air and harness them for the use of an enlightened humanity; but I frankly confess that I can at present adduce no proof or avouch no demonstration of the faith that is in me.

I submit for your consideration the foregoing facts of my own experience, offering them to you as corroboratory evidence of the soundness of your own deductions and conclusions—evidence valuable perhaps for having resulted from a line of investigation somewhat different from your own researches.

Fraternally yours for increased knowledge,

A. J. DARRAH.

———o———

Colors generated from one's inner self produces an odic-radio activity, which is manifested as the human aura.

———o———

APPRECIATION

The author has received invitations from several distinguished authors, editors and

lecturers, offering to publicly review this book of Essays, Lessons, Health Hints and Flashlights, among whom the reader may recognize John Milton Scott, the author, poet and critic; Ira Judson Foster, A. M., D. Sc., writer and editor; James L. Gordon, D. D., writer, scholar and lecturer of national fame, pastor of the First Congregational Church of San Francisco.

———o———

Man is closer to the vibrations of light of intelligence than any other earthly creation, and is therefore made like (likeness of) the Creator.

———o———

Music is the universal religion as well as the "universal language."

———o———

BIRTH AND DEATH OF LIVING CELLS

The birth and death of living cells were shown in a meeting of the American Philosophical Society. The pictures were exhibited by Dr. Alexis J Carrel in connection with a talk on the famous "chicken hearted," cells of which have been kept alive for nine years. The pictures shown on the screen by Dr. Carrel and his associates Allessandro Fabbri and Dr. A. H. Eberlin, proved the famous "heart" to be cell proliferation from a small fragment removed in 1912, from the heart of a chicken embryo.. ...Mr. Fabbri explained that every forty-eight hours the cell mass is removed from the growing medium, and the new cells cut away from the old ones. The present "heart" is the 1500th generation. The reels showing the birth and death of the cells were startingly beautiful and thrillingly scientific; in the former, masses break away into flickerng lines and finally form into living cells, while in the latter the operation is reversed, the dying cells are cast off and disintegrated—Journal of American Pharmaceutical Association.

———o———

X-RAYS DISCOVERIES BY HARVARD SCIENTISTS

X-rays discoveries by Harvard Scientists of how to increase the penetrating power of X-rays to increase the curative properties of X-rays to a point where they may be used with the same result as those given by the radiations of the immensely more costly radium, assuming that the claims are warranted, the Harvard investigators have made a relatively inexpensive source equal in therapeutic value to one fabulously expensive.

It is well known now that radium and similar chemical bodies give off three different streams of radiation, respectively known as the alpha, beta and gamma ray, is like

the X-ray in all respects except that it is much more penetrating. Since most of these rays are of very short range, losing much of their force in an inch or two and since it is obvious that whatever value they have in treating the deep-seated human ailments, such as cancer, must be directly related to their penetrating power, radium has had the preference over the X-ray for medical purposes by virtue of the greater penetration of it's gamma ray.

The Harvard scientists have increased the penetrating power of the X-ray, by raising the voltage of the current passed through the tube. In general terms, it may be supposed that this heightening of the potential shoots the X-rays out at greater velocity.

THEORIES UPSET

In connection with the visit to the United States of Mme. Marie Sklodowska Currie, the National Geographic Society has issued the following bulletin concerning the discovery of radium, "the great puzzle of the twentieth century," based on a communication from Dr. Alexander Bell:

"Radium has recently upset our most cherished theories of matter and force," writes Dr. Bell. "The whole subject of chemistry has to be rewritten and our ideas of the constitution of matter entirely changed. Here is a substance which emits light and heat and electricity continuously without any apparent source of supply. It emits light in the dark, and in a cool room maintains itself constantly at a higher temperature than its environment.

It emits the Roentgen rays without any electrical machinery to produce them, and we have now discovered emanating from that substance several different kinds of rays of the unknown or X-ray variety; and we now recognize the Alpha, Beta and Gamma rays as more penetrating.

RAINBOW COLORS

Rainbows are caused by refraction, or bending, of the sun's rays by the falling rain. The color of sunlight is a balanced mixture of all the colors of the spectrum. When the rays strike the raindrops they are bent at different angles, and as different colors have different degrees of refraction, we see them in their order.

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